

EL-MOASSER



EL-MOASSER
Interactive E-learning
Application

3rd
2026
PRIMARY

FIRST TERM

DISCOVER

MULTIDISCIPLINARY

By A Group of Supervisors

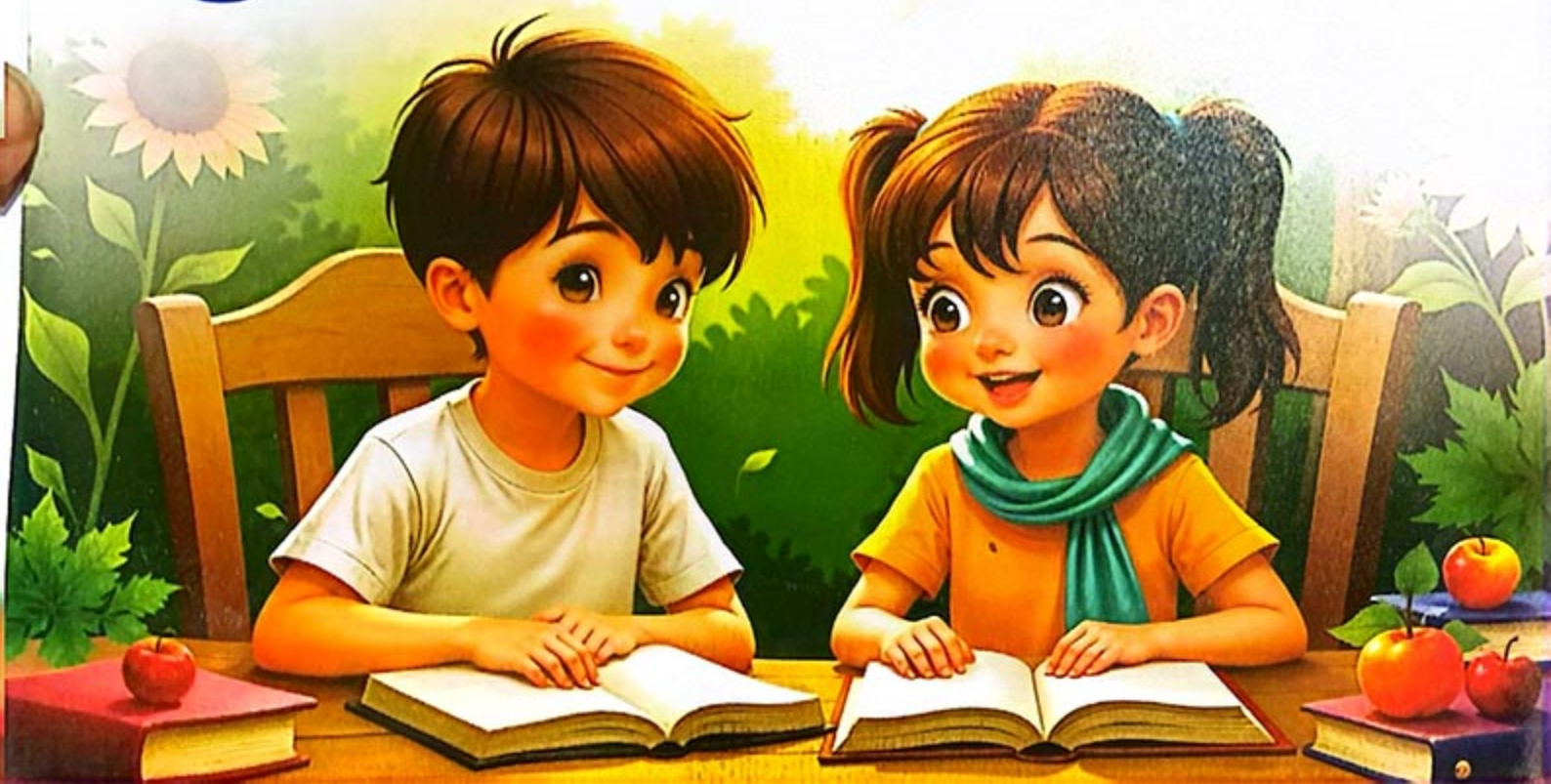
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THEME

1

Who Am I ? Living Healthy





1

CHAPTER

Making A Stronger Me



Learning outcomes

By the end of this chapter, your child will be able to :

- Analyze text to determine the meaning of the term life skills.
- Identify specific skills according to prior knowledge.
- Self-assess early understanding of life skills.
- Share strategies used for critical thinking.
- Solve riddles and explain strategies used to solve them.
- Communicate information with others in oral and written forms.
- Collaborate to create a class pledge.

Key vocabulary

- | | |
|-------------------|---------------------|
| • Life skills | • Collaboration |
| • Communication | • Problem-solving |
| • Self-management | • Critical thinking |
| • Empathy | • Decision-making |
| • Strategy | • Pledge |

Life Skills

Activity 1 Read and learn.

Life skill

It is something we practice and then hope to learn to do well.

Examples of life skills



Collaboration

Sharing and working together.



Communication

Speaking clearly and listening to each other.



Self-management

Setting goals and planning how to achieve them.

- Discuss with your child the meaning of collaboration (it means working well together and respecting each other's opinions).
- Discuss with your child the meaning of communication (it means speaking and listening to each other).
- **Integration of subjects :** Vocational fields (identify and demonstrate good interpersonal skills) – English (reading).
- **Life skills :** Collecting data – Observation.

Decision-making

Identifying results.



Problem-solving

Developing possible solutions.



Empathy

Caring about others and respecting their feelings.



Critical thinking

Considering our own thoughts.



• Discuss with your child that there are many ways for communication such as :
(talking, writing, listening and body language).

Activity 2 Evaluate yourself by sticking stars in front of the skills you are good at.



I am good at organizing my things.



Good



Very good



Excellent



I am creative to show my ideas.



Good



Very good



Excellent



I find ways to solve my problems.



Good



Very good



Excellent



I communicate my ideas with my friend.



Good



Very good



Excellent

- Let your child evaluate him/herself by sticking stars in front of the skills that he/she is good at.
- Integration of subjects : English (reading) – Vocational fields (identify and demonstrate good interpersonal skills).
- Life skills : Verbal communication – Self-expression.



It is easy for me to explain my thinking.



Good



Very good



Excellent



I like to set goals easy to reach.



Good



Very good



Excellent



I listen and respect other's opinions.



Good



Very good



Excellent



I feel happy when I play with my friend.



Good



Very good



Excellent



• Let your child evaluate him/herself by sticking stars in front of the skills that he/she is good at.

Activity 3 Read the following strategies that are used for life skills, then answer the questions.

Sharing my ideas and respecting other's ideas

Setting goals

Speaking clearly

Listen to others

Thinking before speaking

Helping someone if needed



• Choose :

- We use strategy in critical thinking skill.
 - setting goals
 - helping someone if needed
 - thinking before speaking
 - listening to others
- We use strategy in self-management skill.
 - speaking clearly
 - thinking before speaking
 - listening to others
 - setting goals
- We use strategy in communication skill.
 - listening to others
 - setting goals
 - thinking before speaking
 - speaking clearly
- We use strategy in collaboration skill.
 - listening to others
 - sharing my ideas and respecting other's ideas
 - speaking clearly
 - setting goals

In the Assessment Book :

Try to answer :

Self-Assessment ①

- Discuss with your child the meaning of strategy (it is a plan or method to reach a goal or solve a problem).
- Let your child read the strategies and answer the questions.
- Discuss with your child that the answers of questions are : 1.c – 2.d – 3.a – 4.b.
- **Integration of subjects :** Economic and applied sciences (family relations) – English (reading).
- **Life skills :** Collecting data – Verbal communication.

Using Critical Thinking Skills

Activity 1 Look at the following pictures which represent small parts of big pictures, then complete by using these words.

Fish - Fabric - Owl - Peacock



- I am a beautiful bird.
- My tail has colorful feathers.
- I spread my tail in the form of a large fan behind me.

- I live in water.
- I can move with my fins.
- I have scales on my body.



- I have big eyes that provide good night vision to catch my preys.
- I have strong beak, strong legs and sharp claws.

- I am used for making clothes, carpets, towels, ... etc.



- Discuss with your child the meaning of critical thinking (it is working on small goals to reach bigger goals).
- Help your child to solve the riddles by using his/her critical thinking skill.
- **Integration of subjects :** Vocational fields (Identify and demonstrate good Interpersonal skills) – English (reading and writing).
- **Life skills :** Critical thinking – Observation – Problem-solving.

Activity 2 Use the critical thinking skill to answer the following riddles by using the words below and sticking the suitable picture at the right place.

Cube - Fridge - Letter "M" - Thermometer - Ruler

Stick
here

I am used to measure the lengths of short objects such as a book or a pencil.

Stick
here

I am used to measure the temperature of the body.

Stick
here

I come once in a minute, twice in a moment, but never in a thousand years.

Stick
here

- I have 12 edges, 8 vertices and 6 faces.
- All my faces have the same size. Each face is a square.

Stick
here

- I am in the kitchen.
- I keep things cold.

Note
The stickers are at the end of the book

- Let your child solve the riddles using his/her critical thinking.
- Discuss with your child the meaning of strategy (it is a plan or method to reach a goal or solve a problem).
- **Integration of subjects** : Vocational fields (identify and demonstrate good interpersonal skills) – English (reading and writing).
- **Life skills** : Verbal communication – Realize relationships – Observation.

1. What Would You Do ?

Activity Match each picture with the suitable reaction.
[Note : There may be more than one correct answer].



Your friend makes something wrong.



Your friend makes fun of you.



Your friend doesn't listen to your ideas.



Your friend tells your secret to other friends (or your friend spreads a rumor about you).



Your friend makes a wrong behavior with you.

Ask your friend to stop.

Walk away and find other friends to be with.

Say nothing and walk away.

Ask for an apology.

Get help from an adult you trust.

- Let your child read each statement and match it with the suitable reaction.
- **Integration of subjects :** English (reading) – Economic and applied sciences (express personal feelings and identify other's expression of feelings).
- **Life skills :** Verbal communication – Realize relationships.

2. Our Class Pledge

Activity Read and learn.

We pledge to.....

Pledge :

It is a promise to ourselves and others to do something.

We pledge to ..
Listen carefully to each other.

We pledge to ..
Respect each other.

We pledge to ..
Use kind words.

We pledge to ..
Working together.

We pledge to ..
Show empathy to others.

We pledge to ..
Always help old people.

We pledge to ..
Apologize when doing something wrong.

We pledge to ..
Forgive each other.



- Discuss with your child that the pledge is written as a poster, poetry, a story, a poem, a drawing, ... etc.
- **Integration of subjects :** English (reading) – Economic and applied sciences (family relations and community safety).
- **Life skills :** Verbal communication – Collecting data.

In the Assessment Book

Try to answer :

Self-Assessment ②

Model Exam on Chapter (1.1)



I Have Learned That

Life skills

Decision-making

Critical thinking

Problem-solving

Collaboration

Communication

Self-management

Empathy



► Some strategies used for life skills.

Sharing my ideas and
respecting other's ideas

Listening to others

Setting goals

Thinking before
speaking

Speaking clearly

Helping someone if
needed



Pledge : It is a promise to ourselves and others to do something.



2

CHAPTER

Making A Healthy Body



Learning outcomes

By the end of this chapter, your child will be able to :

- Discover what it means to have a healthy body.
- Contrast healthy and unhealthy habits.
- Set a goal for making healthy choices.
- Identify and track healthy habits over time.
- Discover how skin is protection.
- Discover what happens to food when it is eaten.
- Build a model of the stomach digesting food.
- Identify important facts about heart.

Key vocabulary

- | | |
|-------------|-------------|
| • Habit | • Energy |
| • Organ | • Skin |
| • Muscles | • Stomach |
| • Heart | • Contract |
| • Expand | • Digestion |
| • Nutrients | • Sunscreen |

1. Adel And Sara Choices

Activity Read the following paragraphs, then answer the questions.



Sara

- I like eating fruits and vegetables.
- I like drinking fresh orange juice.
- I always drink enough amount of water.
- I like running after school which makes my body feels good.

Adel

- I like eating a lot of candies and cookies.
- I like drinking soda.
- I always drink a little amount of water.
- I like watching TV after school for a long time.



• Put ✓ or ✗ :

1. Drinking soda is a healthy choice. ()
2. Watching TV for a long time is an unhealthy choice. ()

• Choose :

1. Adel's choices are (healthy – unhealthy)
2. Sara's choices are (healthy – unhealthy)

- Discuss with your child what it means to have a healthy body.
- Integration of subjects : English (reading) – Science (healthy habits) – Economics and applied sciences (nutrition and food science).
- Life skills : Verbal communication – Observation.

2. Healthy Or Unhealthy

Activity 1 Write "Healthy" below the pictures of good habits and "Unhealthy" below the pictures of bad habits.



Eating vegetables and fruits.

(Healthy)



Not eating breakfast every morning. ()



Playing video games for many hours. ()



Washing your hands after going to the bathroom. ()



Sharing your feelings when you are sad or upset. ()



Watching TV for a long time. ()

- Discuss with your child the meaning of habit (it is a choice we make everyday or regularly).
- Discuss with your child other examples of healthy and unhealthy habits.
- **Integration of subjects :** English (reading and writing) – Science (healthy and unhealthy habits).
- **Life skills :** Differentiation – Verbal communication.

Activity 2 Rearrange the following sentences that describe three healthy choices you will make everyday.



my

daily

brush

teeth

I must

a lot of

the day

drink

water

throughout

I must



hours

everyday

sleeping

get

enough

I must

- Help your child to set goals for making healthy choices that he/she will make everyday.
- Integration of subjects : English (reading and writing) – Science (healthy habits) – Economics and applied sciences (nutrition and food science).
- Life skills : Verbal communication – Setting clear goals.

Activity 3 Use this chart to check off the things you do each day to keep your body healthy.

Healthy habits		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Get breakfast.							
	Do exercises daily.							
	Drink enough water.							
	Wash hands.							
	Eat vegetables and fruits.							
	Get enough sleep.							

- Help your child to track healthy habits overtime.
- Discuss with your child other healthy habits that he/she must do everyday.
- **Integration of subjects** : English (reading) – Science (healthy habits) – Economics and applied sciences (nutrition and food science).
- **Life skills** : Verbal communication – Setting clear goals.

Healthy Habits

Activity 1 Read the following paragraph, then answer the questions.

Benefits of healthy habits on our bodies → **Title of the article.**

Stay positive and calm :

Getting busy with television and video games can negatively affect the brain, memory and vision. They can cause stress. Anger and worry also make you tired. When something goes wrong, it is important to have a positive attitude. It is good to take time to enjoy quiet activities that calm you, like : reading, listening to music and drawing. Staying positive and calm improves your mood and can also help your body fight some illnesses.

Subheading : These words tell us what you are going to read about.

Middle paragraph : Tell us details about subheading.



Reading is a quiet, calm activity.

Caption : It gives us information about what you can see in the picture.

• Put ✓ or ✗ :

1. Listening to music and drawing can calm you, when you are angry or worry. (
2. Watching television and playing video games for long times can negatively affect your brain. (
3. Staying calm help your body fight some illnesses. (

- Discuss with your child that articles have title, subheadings, middle paragraphs and the pictures have captions.
- Help your child to identify the subheading at the top of a paragraph and the caption below the picture.
- Integration of subjects : English (reading and writing) – Science (healthy habits).
- Life skills : Collecting data – Verbal communication – Observation.

Activity 2 Read the following paragraph, then put a suitable **subheading** for it and a suitable **caption** below the picture.

Benefits of healthy habits on our bodies

Being active is one of the best things we can do to keep our bodies strong and healthy, so it is recommended that we do at least 60 minutes of physical activities everyday. Physical activities keep your heart strong and more efficient. In general, staying active can improve your mood and help you concentrate in your school.



• Choose :

Physical activities can help you in all the following, except

- a. improve your mood.
- b. concentrate in school.
- c. keep your body healthy.
- d. keep you angry and worry

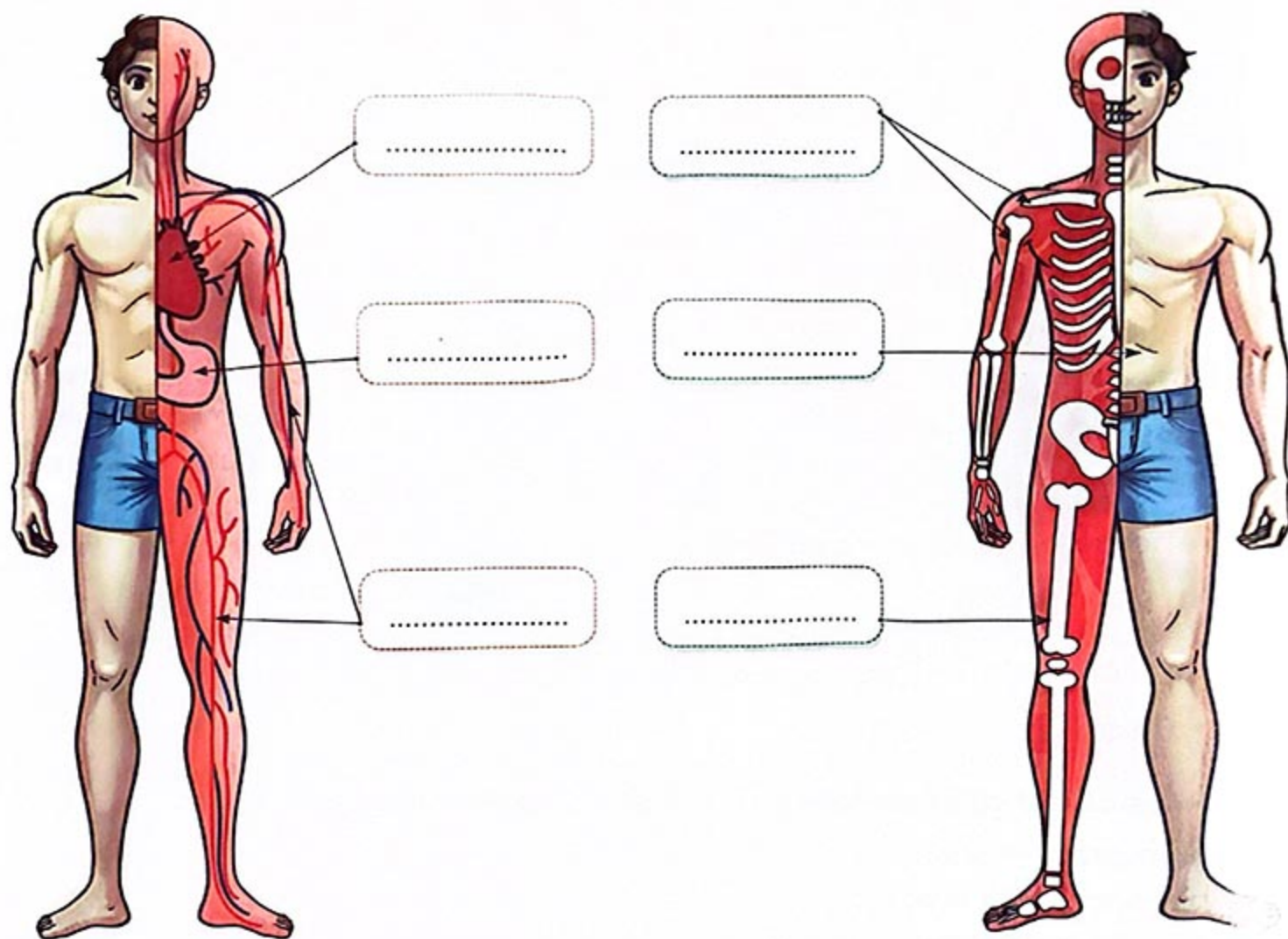
- Discuss with your child the suitable subheading and caption for the article.
- **Integration of subjects** : English (reading and writing) – Science (healthy habits).
- **Life skills** : Verbal communication – Observation.

Skin And Heart

Activity 1 The following figures have labels for important parts of our body. Some parts we can see everyday and some parts are inside and we never get to see them.

Put each label in the suitable place on the figures.

(Heart - Stomach - Blood vessels - Skin - Bones - Muscles)



- Discuss with your child the names of different parts of the human body.
- Integration of subjects : Science (parts of the human body) – English (reading and writing).
- Life skills : Observation – Verbal communication.

Activity 2 Read the paragraphs, then answer the questions.

★ Our body organs :

- **Organs** are certain parts of our bodies that have a specific function.
- Our bodies have many organs, **such as** : brain, heart, stomach and skin.



★ Some facts about skin :

- Our skin weighs about 4 kilograms.
- The skin is the largest organ in our body.



★ Importance of skin :

- It protects us from harmful germs.
- It protects us from harmful sun rays.
- It keeps fluids inside our bodies as water and blood.
- It keeps our body temperature constant.

★ Skin protection :

The sun rays can hurt our skin, so to protect our skin we must :

- Cover up our skin using suitable clothes or umbrellas.
- Put sunscreen on our skin.



• Put ✓ or ✗ :

1. Skin, heart and stomach are from your body organs. ()
2. Our skin is the smallest organ in our bodies. ()
3. The skin protects us from germs and harmful sun rays. ()

- Help your child to read the paragraphs and answer the questions.
- Discuss with your child the importance of the skin and also how to protect the skin.
- **Integration of subjects** : English (reading and writing) – Science (skin).
- **Life skills** : Verbal communication – Observation.

In the Assessment Book :

Try to answer :

• Self-Assessment ③



I Have Learned That

► Some healthy habits :



Eating vegetables and fruits.



Drinking enough water.



Doing exercises daily.

► Some unhealthy habits :



Drinking soda.



Watching TV for a long time.



Not washing hands after going to the bathroom.

How the skin protects us :

- It protects us from harmful germs.
- It protects us from harmful sun rays.
- It keeps fluids inside our bodies.
- It keeps our body temperature constant.

Ways to protect our skin :

- Cover up your skin using suitable clothes or umbrellas.
- Sunscreen can help protect against harmful sun rays.



What Happens To The Food You Eat ?

Activity Read and learn, then answer the questions.

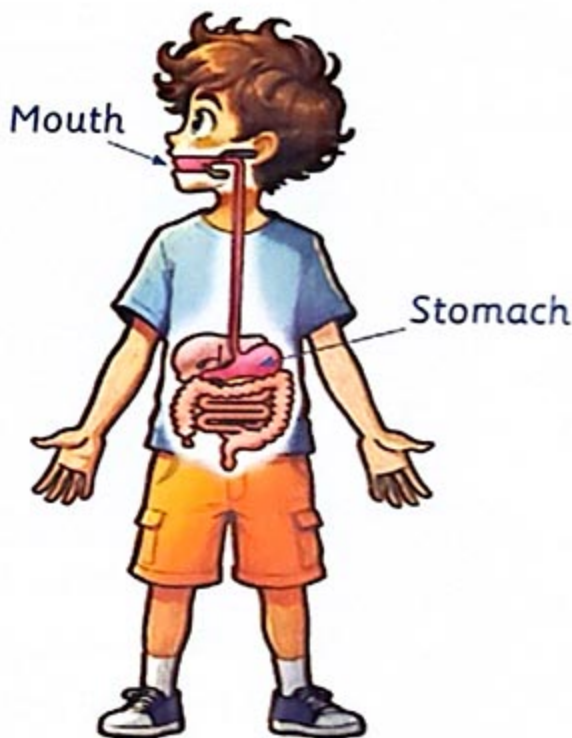
★ **Food gives our bodies energy :**

- A train, plane and car all need fuel to run as fuel provides them with **energy**.
- Our bodies also need food for energy.
- Food contains thousands of different **nutrients**.
- Nutrients provide the human body with the needed energy.



★ **Digestion process :**

- The body has a process called "**digestion**", which changes the food we eat into simpler parts.
- When the food is broken down, the body absorbs it to get energy.

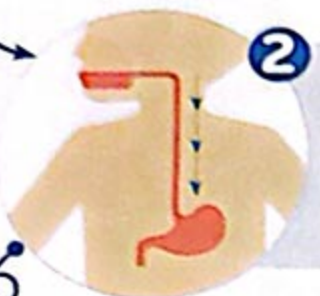


- Discuss with your child what happens to food when it is eaten.
- **Integration of subjects :** English (reading and writing) – Science (digestion process) – Economics and applied sciences (nutrition and food science).
- **Life skills :** Verbal communication – Observation.

★ The path of food in our bodies :



- Digestion begins when you put food in your **mouth**.
- **Chewing** breaks up food into smaller pieces.



After you **swallow** the food, **muscles** push it down to your **stomach**.



- Your stomach produces an **acid**.
- **Muscles** in the stomach **squeeze** the food with the acid to **breakdown** the food.
- Then the digested food leaves the stomach.



The digested food moves to the **intestines** to continue the digestion process.



The **nutrients** in the digested food are carried away in the **blood**, giving all parts of the human body energy to do all activities.

- Complete the following sentences using the words bank :

blood - energy - intestines - swallow

1. When the food is broken down, the body absorbs it to get
2. When we the food, muscles push it down to the stomach.
3. When the digested food leaves the stomach, it moves to to continue the digestion process.
4. Nutrients are carried away in the, giving all parts of the human body energy to do all activities.

- Who am I ?

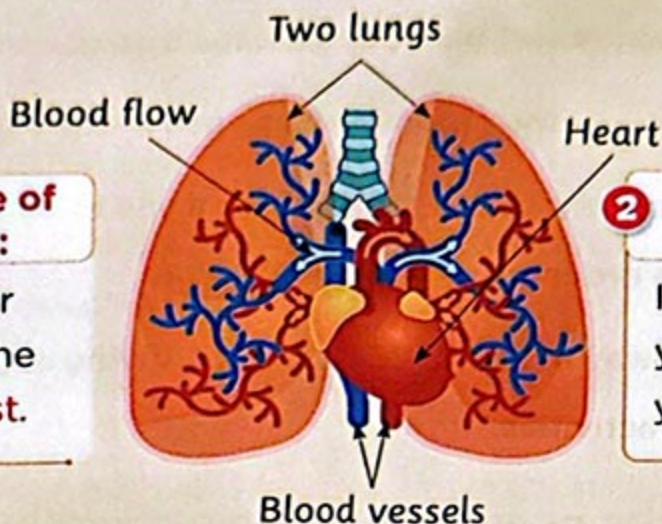
1. A process that changes the food we eat into simpler parts. (.....)
2. An organ that produces an acid which helps us to digest our food. (.....)
3. They help our stomach to squeeze the food we eat. (.....)

- Help your child to give the correct answers of question "who am I" as follows :
1. Digestion – 2. Stomach – 3. Muscles.

My Heart

Activity Read and learn.

The heart



1 The structure of the heart :

It is a muscular organ about the size of your **fist**.

2 The location of the heart :

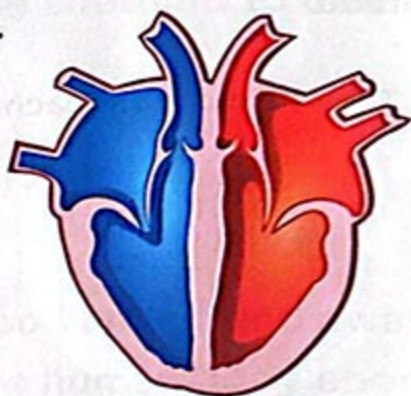
It is located between your two lungs inside your chest.

3 The job of the heart :

It keeps **blood** moving through your body which carries **oxygen** and **nutrients** to every part of your body.

4 Some facts about the heart :

- The heart is filled with blood when it expands.
- When the heart contracts or squeezes, it pushes the blood out into blood vessels that run through the body.
- The heart beats many times per minute.
- Each beat pushes blood through the body.
- The heart continues to beat for your whole life.



The heart

- Help your child to identify the structure, location, job and some facts about the heart.
- **Integration of subjects** : English (reading) – Science (heart).
- **Life skills** : Collecting data – Verbal communication – Observation.

In the Assessment Book

Try to answer :

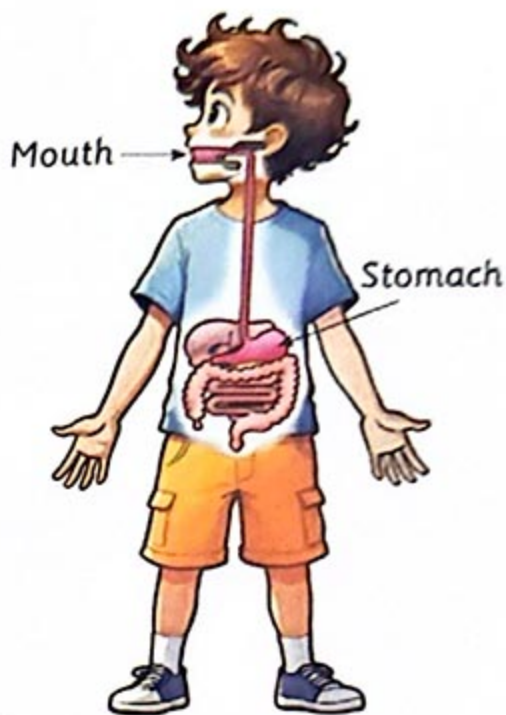
- Self-Assessment ④
- Model Exam on Chapter (1)



I Have Learned That

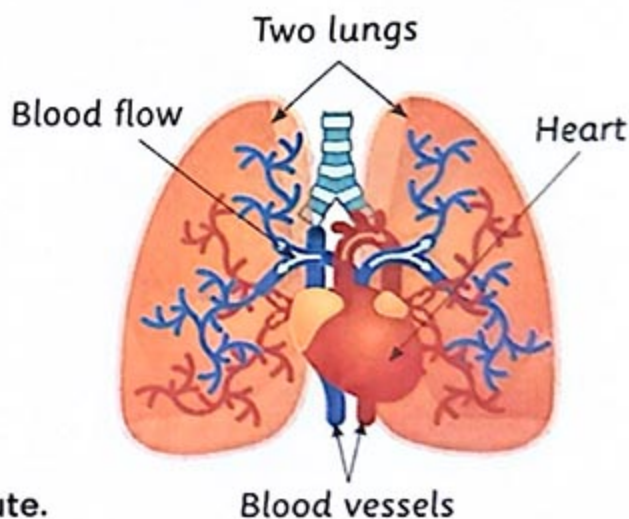
► Digestion :

- Digestion is the process which changes the food we eat into simpler parts to get energy.
- Digestion begins in your mouth that breaks the food into smaller pieces.
- The acid of the stomach breaks up food into simpler parts to get the nutrients in the food.
- Muscles help the stomach to squeeze the food with the acid of stomach.
- The intestines continue the digestion process.
- The blood carries the nutrients in the digested food to all the parts of your body.



► The heart :

- It is a muscular organ about the size of your fist.
- It keeps blood moving through the body carrying oxygen and nutrients to every part of the body.
- The heart is located between the two lungs inside the chest.
- The heart beats many times per minute.





3

CHAPTER

**Get Fit With
Healthy Eating**



Learning outcomes

By the end of this chapter, your child will be able to :

- Identify healthy habits by reviewing previous learning.
- Categorize a variety of foods.
- Analyze nutrients found in current diet.
- Identify nutrients found in specific foods.
- Explain the importance of drinking water.
- Set goals for drinking water every day.

Key vocabulary

- | | |
|--------------|-----------------|
| • Canteen | • Carbohydrates |
| • Fats | • Proteins |
| • Vitamins | • Nutrients |
| • Minerals | • Diet |
| • Dehydrated | • Hydrated |

A Canteen At School

Activity 1 Read the following dialogue, then answer the questions.

Adam : Good morning, Ramy.

Ramy : Good morning, Adam.

Adam : What do you have in your lunch box ?

Ramy : I have chocolate and soda.
What about you ?

Adam : I have a sandwich, an apple and milk, but your lunch box contains unhealthy food, you can get healthy food from canteen.

Ramy : What is canteen ?

Adam : It is a place where to buy food, such as sandwiches, juices and snacks.

Ramy : Thank you, Adam.



• Answer the following questions :

1. Mention some healthy food from the previous dialogue.

.....

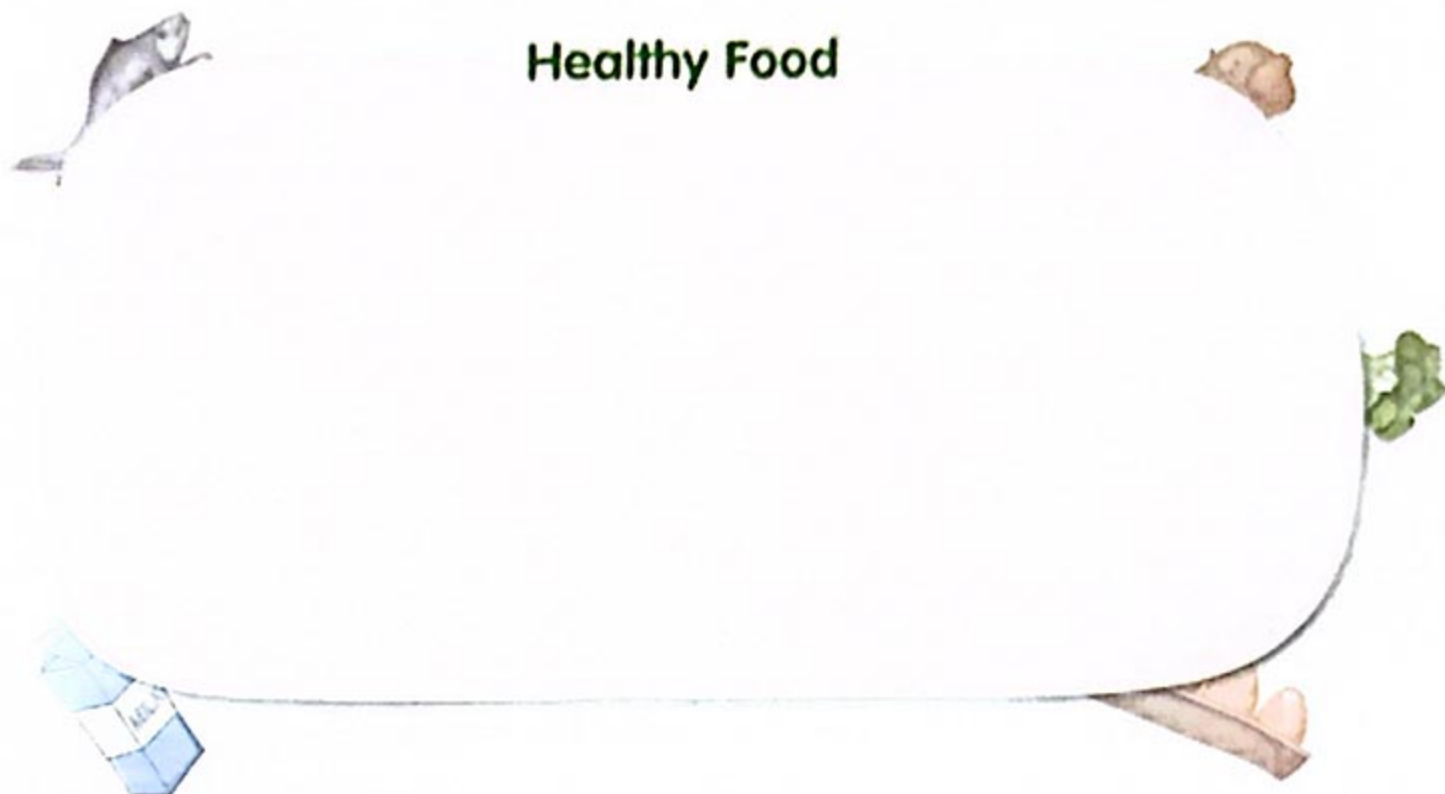
2. Mention some unhealthy food that you can notice in the story.

.....

- Help your child to read the dialogue then answer the questions.
- Discuss with your child other examples of healthy food and unhealthy food.
- **Integration of subjects :** Science (healthy and unhealthy food) – English (reading and writing).
- **Life skills :** Verbal communication – Observation – Collecting data.

Activity 2 Imagine that you make a model of school canteen, classify the stickers into healthy food and **unhealthy food**.

Healthy Food



Unhealthy Food



- Help your child to classify the stickers into healthy food and unhealthy food.
- Let your child mention and draw some other examples of healthy and unhealthy food.
- **Integration of subjects :** Science (healthy and unhealthy food) – English (reading).
- **Life skills :** Observation – Collecting data – Differentiation.



My Diet

Activity Read and learn, then answer the questions.

Everyone has his own diet that includes the amounts and types of food he eats.

Diet : It is the kind of food that a person eats regularly.

Your diet must contain different types of nutrients.

Nutrient : It is an element of food that provides energy for our bodies and is necessary for healthy growth.

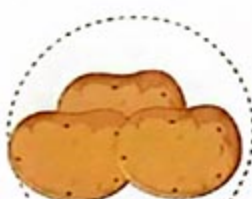


We will learn about three important nutrients

★ **Carbohydrates :** They are found in :.....



Grains



Potatoes



Bread



Pasta

Importance : They provide the body with energy.

- Discuss with your child that our body needs food because food contains nutrients that supply our body with energy.
- **Integration of subjects :** English (reading) – Science (healthy nutrition) – Economics and applied sciences (identify types of nutrients).
- **Life skills :** Collecting data – Observation.

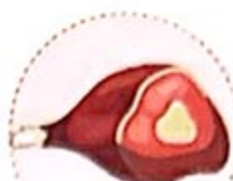
★ **Proteins :** They are found in : .



Eggs



Fish



Meat



Chicken

Importance : They build up our muscles and help us to grow.

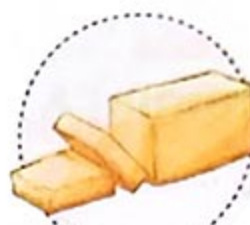
★ **Fats :** They are found in : .



Vegetable oil
(olive oil and corn oil)



Nuts



Butter

Importance : They provide the body with energy.

• Put ✓ or ✗ :

1. Our bodies need food because food gives us air. ()
2. All living things need energy to live. ()
3. A diet must contain different types of nutrients. ()

• **Complete :**

1. Food provides living things with that are necessary for healthy growth.
2. The..... is the kind of food that a person eats regularly which includes the amount and types of foods he eats.

- Discuss with your child that food provides living things with nutrients that are necessary for their health growth.
- Let your child mention some other examples of food for each group of nutrients.

In the Assessment Book :

Try to answer :

• Self-Assessment ⑤

Vitamins And Minerals

Activity 1 Read and learn, then answer the questions.

Our bodies need **vitamins** and **minerals** to make us strong and healthy and without them, we get sick and our bodies will not grow properly.

Vitamins

They are important nutrients that the body needs in small amounts for normal growth and nutrition.

Let's take a closer look at some of the vitamins you get from food.

Vitamin A

It is found in :



Carrots



Orange



Eggs

Vitamin B

Note: There are many types of vitamin B such as B₁, B₂, B₆ and B₁₂.

It is found in :



Meat



Nuts



Fish



Milk



Yogurt

Vitamin C

It is found in :



Orange



Lemon



Guava



Kiwi

Vitamin D

It is found in :



Liver



Fish



Milk

Vitamin E

It is found in :



Wheat



Broccoli



Vegetable oil

(olive oil and sunflower oil)



Spinach

Vitamin K

It is found in :



Pear



Cucumber



Broccoli



Cabbage

- Discuss with your child that there are other important nutrients in our food such as vitamins and minerals.
- Integration of subjects : English (reading) – Science (vitamins and minerals) – Economics and applied sciences (identify types of nutrients).
- Life skills : Observation – Collecting data – Verbal communication.

Minerals

They are important substances that the body needs for good health by forming strong bones and teeth.

Let's take a closer look at some of the minerals you get from food.

Calcium (Ca)

It is found in :



Milk



Cheese



Yogurt



Broccoli

Iron (Fe)

It is found in :



Eggs



Wheat



Broccoli



Meat

Potassium (K)

It is found in :



Banana



Tomato



Potato



Orange

Zinc (Zn)

It is found in :



Chicken



Nuts



Beans

• Put ✓ or ✗ :

1. Without vitamins and minerals our bodies will be healthy and strong. ()
2. Minerals are substances that help the body by forming strong bones and teeth. ()
3. Orange, lemon and guava contain vitamin (C). ()
4. Milk contains many vitamins and calcium. ()

• Discuss with your child other examples of food that rich in vitamins and minerals.

Activity 2 Put ✓ beside the nutrients we can find in each of them as the given example.



	Carbohydrates	Fats	Proteins	Vitamins	Minerals
Broccoli 					
Nuts 					
Orange 				✓	✓
Eggs 					
Wheat 					
Vegetable oil 					

- Help your child to recognize that he/she can find many nutrients in one type of food.
- Integration of subjects : English (reading) – Science (nutrition) – Economics and applied sciences (identify types of nutrients).
- Life skills : Realize relationships – Differentiation.

Why Water Matters ?

Activity Read and learn, then answer the questions.

- Drinking water is an important healthy habit.
- Your body mostly contains water.
- Water is in every part of your body, to make sure that your body is working properly, you need to stay **hydrated**.
- ★ **Hydrated means** : Drinking enough water to keep your body working well.

★ **Importance of water :**

- It keeps the body temperature constant.
 - It helps the joints move correctly.
 - It keeps the bones healthy.
 - It helps the body get rid of toxins and wastes.
-
- Your body loses a lot of water through sweating, going to the bathroom and breathing.
 - If you lose too much water without replacing it, you can become dehydrated and you will suffer from :
 - feeling thirsty.
 - having a headache.
 - feeling tired, dizzy and weak.

• **Answer the following questions :**

1. What will happen if you don't have enough water everyday ?

.....

.....

2. What is the importance of water for your body ?

.....

.....

- Discuss with your child the importance of drinking water.
- **Integration of subjects** : English (reading and writing) – Science (importance of water) – Economics and applied sciences (describe the benefits of drinking water).
- **Life skills** : Collecting data – Verbal communication.



Record Information



Activity

- Your body needs eight cups of water per day.

You have three days, on each day you have 10 spaces, with each cup of water you drink on each day, stick one cup of water.

Day 1

Day 2

Day 3

Note
Stickers are
at the end of
the book

- Discuss with your child the importance of drinking enough quantities of water for our health.
- Integration of subjects : English (reading) – Science (importance of water) – Math (counting) – Economics and applied sciences (describe the benefits of drinking water).
- Life skills : Observation – Verbal communication.

In the Assessment Book :
Try to answer :

- Self-Assessment (6)
- Model Exam on Chapter (1.3)
- Model Exams on Theme (1)



I Have Learned That

• **Diet** : It is the kind of food that a person eats regularly.

• **Nutrient** : It is an element of food that provides energy and is necessary for healthy growth.

• **Carbohydrates** :

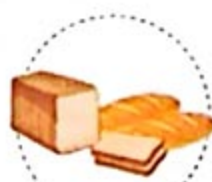
They provide the body with energy and they are found in :



Grains



Potatoes



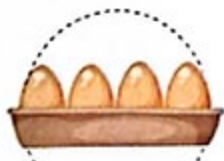
Bread



Pasta

• **Proteins** :

They build up our muscles and help us to grow, and they are found in :



Eggs



Fish



Meat



Chicken

• **Fats** :

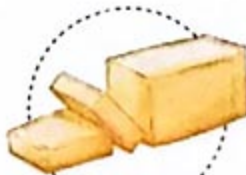
They provide the body with energy and they are found in :



Vegetable oil
(olive oil and corn oil)



Nuts



Butter

• **Vitamins :**

They are important nutrients that the body needs in small amounts for normal growth and nutrition.

• **Minerals :**

They are important substances that the body needs for good health by forming strong bones and teeth.

• **Importance of water :**

- It keeps the body temperature constant.
- It helps the joints move correctly.
- It helps the body get rid of toxins and wastes.
- It keeps the bones healthy.

• **If you don't drink enough water you will :**

- Feel thirsty.
- Have a headache.
- Feel tired, weak and dizzy.



THEME

2

The World Around Me
Taking Care Of Our World





1

CHAPTER

When Habitats Change



Learning outcomes

By the end of this chapter, your child will be able to :

- Describe how habitats meet the needs of living things.
- Define and use the term "organism".
- Use evidence to support answers to a question.
- Analyze interactions between living and non-living parts in a habitat.
- Use evidence to explain why an animal could or could not survive in a habitat.
- Identify environmental changes in various habitats.
- Explain the impact of environmental changes on living things.
- Research how living things can benefit and hurt a habitat.
- Create an informational brochure to teach others about the impact of changes to an environment.

Key vocabulary

- | | |
|---------------|------------|
| • Habitat | • Organism |
| • Giraffe | • Needs |
| • Interact | • Survive |
| • Cause | • Effect |
| • Benefit | • Harm |
| • Overgraze | • Invasive |
| • Environment | |

Needs of Living Organisms

Activity 1 Read and learn.

Do you know that a habitat consists of living things and non-living things?

Yes, but please you should say "living organism" because it is more accurate.

Habitats consist of

Living organisms

• Humans



• Plants



• Animals



Non-living things

• Such as



• Air



• Water



• Rocks



• Sun

- Let your child use the term "living organism" instead of "living thing".
- Let your child express that :
 - Habitats consist of living organisms and non-living things.
 - Discuss with your child other examples of living organisms and non-living things.
- **Integration of subjects :** Science (environmental science) – English (reading).
- **Life skills :** Observation – Collecting data – Classifying.

Activity 2 Write the names of the following items in the table below to classify them into living organisms and **non-living things**.



Bee



Book



Butterfly



Bat



Clothes



Toys



Sand



Ant



Bag



Dolphin



Car



Kangaroo

Living organisms

Non-living things

- Discuss with your child other examples of living organisms and non-living things.
- Integration of subjects : Science (environmental science) – English (reading and writing).
- Life skills : Distinguishing – Classifying.

Activity 3 Read and learn.

A habitat

It is the environment where plants and animals normally live and grow.

Note

Interaction :
Means to
act on
one another.

In any habitat, there is an interaction between living organisms and each other.

Also, there is an interaction between living organisms and non-living things such as weather, Sun, soil, rocks, water etc.

Examples of interaction between living organisms and each other :



A hawk
eats a snake.



A snake
eats a frog.



A grasshopper
eats grass.

Examples of interaction between living organisms and non-living things :



Rabbits make
burrows in the ground.



Plants need the
sunlight and soil.



Green algae lives on
the rocks on the water.

- Help your child to give another examples of interaction between living organisms and each other and interaction between living organisms and non-living things.
- **Integration of subjects :** Science (environmental science) – English (reading).
- **Life skills :** Collecting data – Verbal communication.

Activity 4 Read the following paragraphs.

Animals need **food**, **water** and **shelter** to live. When it is hard to find them, some animals move to other habitats to look for their needs.

For example, zebras and elephants can walk many miles looking for water, some butterflies fly to south Africa in winter where the weather is warm and there is more food.

☆ Food :

Animals have different ways of getting food, for example :

- Lions catch other animals for food.
- Rabbits eat plants (like grasses).
- Raccoons and vultures eat dead animals.



A rabbit eats the grass

☆ Water :

Animals have different ways of getting water, for example :

- Some animals drink water from ponds, streams and puddles.
- Some animals drink water that is collected on plant leaves.



A red ant drinks water on a green leaf

- Discuss with your child how living organisms get their basic needs in their habitats.
- **Integration of subjects** : Science (environmental science) – English (reading and writing).
- **Life skills** : Collecting data – Verbal communication.

Shelter :

Animals also have different ways of getting shelter, for example :

- Birds build nests in trees.
- Moles and rabbits make holes or burrows in the ground.
- Squirrels and owls can use holes in trees.
- Turtles and frogs can hide under rocks.



A bird is in a nest on a tree branch

- After reading the previous paragraphs, complete the table below (as the answered example) which represents how plants and animals interact with the non-living things in a habitat.

Non-living things	Interaction
Rocks	turtles and frogs can hide under rocks
The ground	
.....	



Is This The Best Habitat ?

Activity Read and learn, then answer the questions.

Ocean habitat

It is the largest habitat on Earth and represented in salty ocean or sea water.

Now, let's learn about some animals and plants that live in ocean habitat.

Animals



Shark



Octopus



Star fish

Plants



Sea grass



Algae



- Let your child recognize animals and plants found in the ocean habitat.
- **Integration of subjects** : Science (environmental science) – English (reading and writing).
- **Life skills** : Collecting data – Explain thinking processes.

• Put ✓ or ✗ :

1. Sharks can live in ocean habitat. ()
2. Sharks can live in rainforest habitat because they can breathe under water. ()
3. Sharks can find their food in ocean habitat. ()



Shark

1. Giraffes can live in ocean habitat. ()
2. Giraffes can live in grassland habitat because they can find leaves which are their food. ()
3. Giraffes cannot breathe under water so they cannot live in ocean habitat. ()



Giraffe

Changes In The Environment

Activity 1 Read and learn, then answer the questions.

- People, animals, plants and weather can cause a change in the environment.
- Also, natural disasters like drought, fire, flood and pollution can cause a change in the environment.

Drought

Cause

It happens when there is no rain for a long time, so the land becomes hard and small lakes and rivers can dry up.



Effects

Harmful :

- Plants may not survive.
- Animals may move to another place to find water.

Fire

Causes

- It happens when lightning strikes dry land and grasses.
- It also happens when a human-made fire gets out of control.



Effects

Harmful :

- It can harm the habitats of animals and plants, so animals must leave to survive.
- Smoke from fires pollutes the air.

Useful :

- It cleans out dead litter which allows the return of important nutrients to the soil.

• Put ✓ or ✗ :

1. Fires clean out dead plants on a forest floor. ()
2. Drought pollutes the air. ()
3. Drought happens when there is no rain for a long time. ()

- Discuss with your child that natural disasters such as drought and fire can affect the ability of living organisms to meet their needs in an environment.
- **Integration of subjects** : Science (environmental science) – English (reading and writing).
- **Life skills** : Collecting data – Verbal communication.

Activity 2 Read and learn, then answer the questions.

Now, let's see the causes and the effects of flood and pollution in an environment.

flood

Cause

It happens when heavy rains cover the dry land with a lot of water.

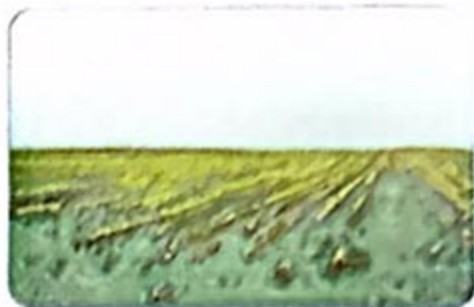
Effects

Harmful :

- It can wash away soil and plants.
- Animals move away.

Useful :

- It can bring new seeds and nutrients to the land.



Pollution

Causes

It happens by :

- Volcanoes.
- Humans, throwing trash or chemicals into water.
- Using machines that pollute the air.
- Leaving garbage on the land.

Effects

Harmful :

- It can destroy habitats and harm wildlife.



• Put ✓ or ✗ :

1. Pollution brings new seeds and nutrients to the land. ()

2. Floods can wash away soil and plants. ()

• Complete :

1. happens when dry land becomes covered with more water than the soil can hold.

2. happens by using machines that pollute the air.

- Discuss with your child that natural disasters such as floods and pollution can affect the ability of living organisms to meet their needs in an environment.
- Integration of subjects : Science (environmental science) – English (reading and writing).
- Life skills : Collecting data – Verbal communication.

Activity 3 Match each cause to the suitable effect.

Causes

There is no rain for a long time.

Lightning strikes dry land and grasses.

Heavy rains cover the dry land with a lot of water.

Effects

New seeds and nutrients are brought to the land.

Animals may move to find water.

Smoke from fires pollutes the air.

Cause

It is something that creates a change.

Effect

It is the change we observe or a result of the cause.



- Help your child to know other examples, their causes and their effects.
- **Integration of subjects** : Science (environmental science) – English (reading).
- **Life skills** : Realize relationships – Identify results and expected results.

Plants And Animals Can Cause Change

Activity Read the following paragraphs.

Living organisms create changes in the environment that can affect other living organisms.

Goats grazing on the land

- Goats grazing at areas full of grass.

Change

- When goats eat large quantities of grass, it is called "Overgrazing".

Effects

- Overgrazing **harms** the environment, for example :
 - Goats eat plants and grass that provide food and shelter for other living organisms.
 - The ground becomes hard and sandy.



A water hyacinth

- It is commonly found on River Nile in Egypt.

Change

- It is an invasive plant that floats on the water.

Effect

- The spread of water hyacinth **harms** the environment, for example :
 - A water hyacinth uses a lot of water and also prevents sunlight and oxygen from reaching other plants that live under the water.



- Discuss with your child that animals and plants sometimes harm the environment such as (goats and water hyacinth).
- **Integration of subjects** : Science (environmental science) – English (reading).
- **Life skills** : Collecting data – Identify results and expected results.

Research

Activity Research for a living organism that can **harm** or benefit the environment.

Living organism

My living organism is

Picture of my
living organism

How does it benefit
the environment ?

How does it **harm**
the environment ?



- Help your child to research on the internet for a living organism that can harm or benefit the environment.
- **Integration of subjects** : Science (environmental science) – English (reading and writing).
- **Life skills** : Creativity – Identify results and expected results – Searching for information.

In the Assessment Book :

Try to answer :

- Self-Assessment (8)
- Model Exam on Chapter (2.1)



I Have Learned That

A habitat : It is the environment where plants and animals normally live and grow.

Interaction : means to act on one another.

Interaction occurs between

Living organisms and each other.



Living organisms and non-living things.



Cause : It is something that creates a change.
(It is hot)



Effect : It is the change we observe.



(I am sweating)

► Animals need **food**, **water** and **shelter** to live.

- **Food :** Animals have different ways of getting food such as :
Lions catch other animals for food.



- **Water :** Animals have different ways of getting water such as :
Some animals drink water from ponds, streams and puddles.



- **Shelter** : Animals have different ways of getting shelter such as :

Birds build nests in trees.



Moles and rabbits make holes or burrows in the ground.



Squirrels and owls can use holes in trees.



Turtles and frogs can hide under rocks.



Ocean habitat : It is the largest habitat on Earth and represented in salty ocean or sea water.

Examples of plants that live in ocean habitat :

- Sea grass.
- Algae.

Examples of animals that live in ocean habitat :

- Shark.
- Octopus.
- Star fish.

Examples of natural disasters that can cause a change in the environment:

Drought : It happens when there is no rain for a long time, so the land becomes hard and small lakes and rivers dry up.



Fire : It happens when lightning strikes dry land and grasses or when a human-made fire gets out of control.



Flood : It happens when heavy rains cover the dry land with a lot of water.



Pollution : It happens by :

- Volcanoes.
- Humans throwing trash and chemicals into water.
- Using machines that pollute the air.
- Leaving garbage on the land.





2

CHAPTER

Water, Water Everywhere



Learning outcomes

By the end of this chapter, your child will be able to :

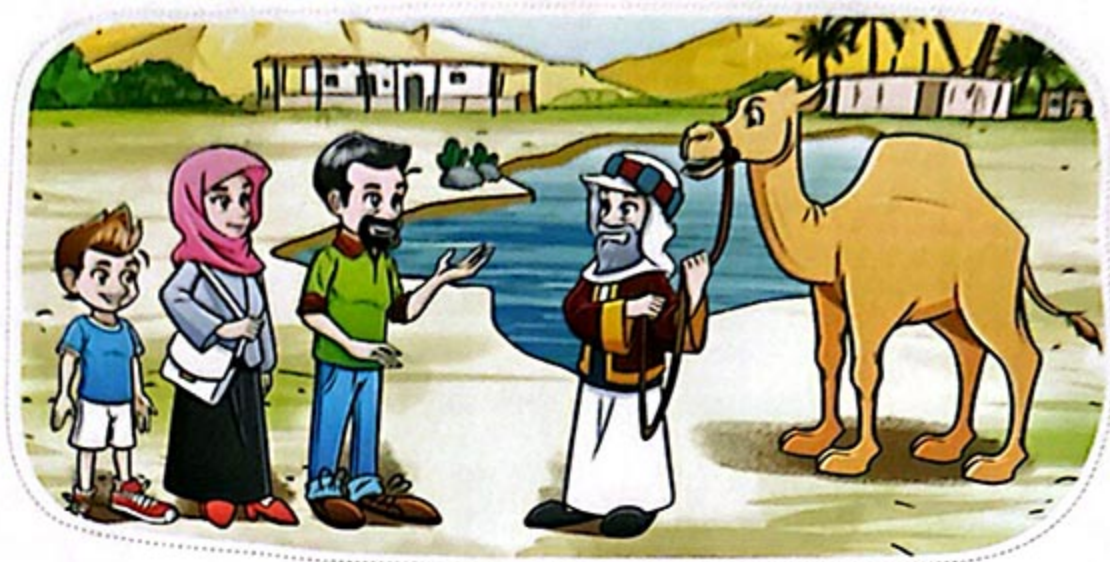
- Identify stages of the water cycle.
- Model the water cycle.
- Describe the difference between weather and climate.
- Construct a definition for climate.
- Identify water's impact on climate.
- Compare climates in Egypt using weather data.
- Make claims about a city's location in relation to bodies of water.

Key vocabulary

- | | |
|----------------|-----------------|
| • Climate | • Weather |
| • Water cycle | • Evaporation |
| • Condensation | • Precipitation |
| • Groundwater | • Runoff |
| • Oasis | • Spring |
| • Map | • Equator |
| • Water body | • Distance |

Visit To Siwa Oasis

- Activity**
- Shady and his family went to visit Siwa Oasis.
 - Read the following conversation between Shady's family and Hamed from Siwa, then answer the questions.



Shady : Siwa Oasis looks so beautiful, I wonder how this place has been formed in desert.

Hamed : When rain falls on the ground, it soaks deep into the Earth. This water comes up to a surface that doesn't receive enough rain forming a spring.

Shady : How many springs are found in Siwa ?

Hamed : Siwa Oasis has nearly 200 springs.

Shady's father : Could you tell us about the nature of Siwa Oasis ?

Hamed : Siwa has highlands, wetlands and sand dunes.

Shady's father : What about plants in Siwa ?

Hamed : The date palm trees, olives, acacia tree, mint and basil grow in Siwa.



Palm trees



Acacia tree



Olives



Basil

- Help your child to read the conversation, then answer the questions.
- Integration of subjects : English (reading and writing) – Social studies (Siwa Oasis).
- Life skills : Collecting data – Asking questions.

Shady's father : I see some Siwans use palm leaves to make baskets, what are the importance of other plants ?

Hamed : We eat and sell dates and olives. Mint, basil and dates are used for medicines. Acacia trees help in blocking sand storms.

Shady's father : I see that Siwa Oasis is rich in many kinds of animals.

Hamed : That's right. Siwa has many kinds of animals such as the red-fronted gazelle, white deer, hares (wild rabbits) and wolves.



Hares



Red-Fronted gazelle

Shady's mother : We can see reptiles too.

Hamed : Siwa has more than 30 different kinds of bugs and reptiles such as lizard.



White deer



Lizard

• Put ✓ or ✗ :

- | | |
|---|-------|
| 1. Siwa gets a lot of rain. | () |
| 2. Siwa Oasis has many springs. | () |
| 3. Siwans use mint leaves to make baskets. | () |
| 4. Acacia trees help in blocking sand storms. | () |
| 5. Siwa Oasis doesn't have any kind of animals. | () |
| 6. When you visit Siwa Oasis, you can see many kinds of reptiles. | () |

• Mention some plants that grow in Siwa.

.....

• Mention some animals that live in Siwa.

.....

• Help your child to mention more information about Siwa Oasis.

The Water Cycle In Nature

Activity 1 Trace the words below, then match each matter to the word which describes it.



Snowman



Water vapor



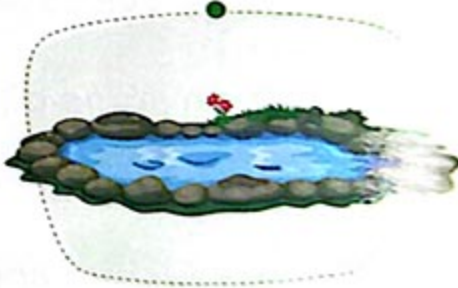
Cup of water



Cloud



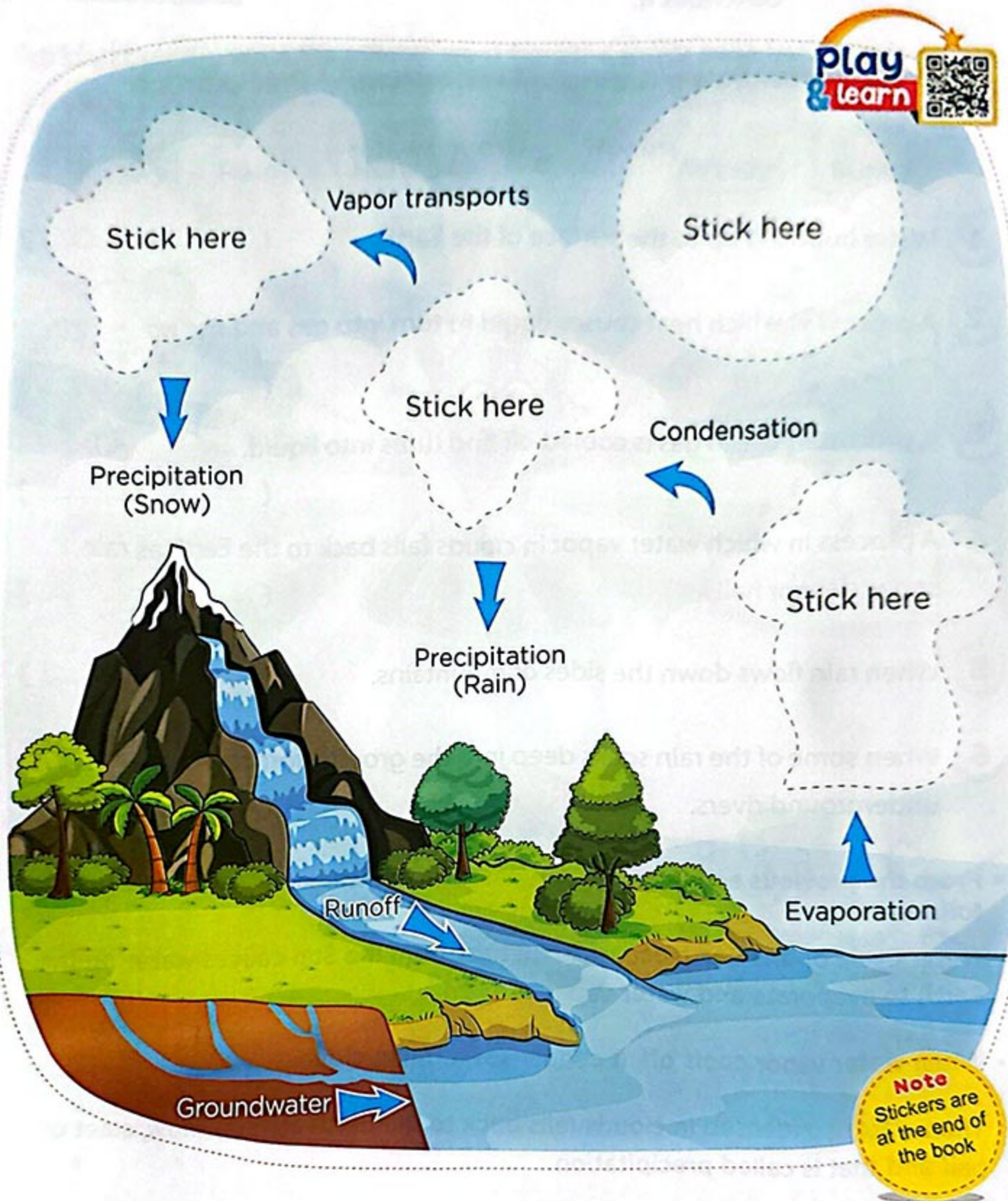
Ice



Lake

- Review with your child the forms of matter and other examples for each form.
- Integration of subjects : English (writing and reading) – Science (forms of matter).
- Life skills : Define relationships between different objects – Verbal communication.

Activity 2 Stick each picture in the suitable place at the water cycle.



- Help your child to identify the water cycle as how water changes as it moves around the Earth.
- **Integration of subjects :** Science (water cycle) – English (reading) .
- **Life skills :** Identify results and expected results – Define relationships between different objects.

Activity 3 Write each word from the words bank at the sentence that describes it.

Condensation

Spring

Evaporation

Precipitation

Runoff

Groundwater

- 1 Water bubbling up to the surface of the Earth. (.....)
- 2 A process in which heat causes liquid to turn into gas and rise up. (.....)
- 3 A process in which gas is cooled off and turns into liquid. (.....)
- 4 A process in which water vapor in clouds falls back to the Earth as rain, snow, sleet or hail. (.....)
- 5 When rain flows down the sides of mountains. (.....)
- 6 When some of the rain soaks deep into the ground, forming underground rivers. (.....)

* From the previous activities, we can describe the water cycle in nature as follows :

- Water cycle on the Earth occurs when heat from the Sun causes water on the Earth to evaporate and water vapor rises up.
- When water vapor cools off, it condenses forming clouds.
- Then water condensed in clouds falls back to the Earth as rain, snow, sleet or hail and that is called precipitation.

- When your child finish answering the questions above, let him/her recognize that the right answers are : 1. Spring – 2. Evaporation – 3. Condensation – 4. Precipitation – 5. Runoff – 6. Groundwater.
- **Integration of subjects** : Science (scientific terms) – English (reading and writing).
- **Life skills** : Identify subject-related information – Verbal communication.

Comparing Egypt's Climates

Activity 1 Write the suitable word from the words bank below each picture to describe the conditions of the weather.

~~Snowy~~

Rainy

Humidity

Cloudy

Windy

Sunny



Snowy



- Help your child to repeat the words with you and describe weather and climate using those words.
- Integration of subjects : Social studies (weather and climate) – English (reading and writing).
- Life skills : Verbal communication – Collecting data.

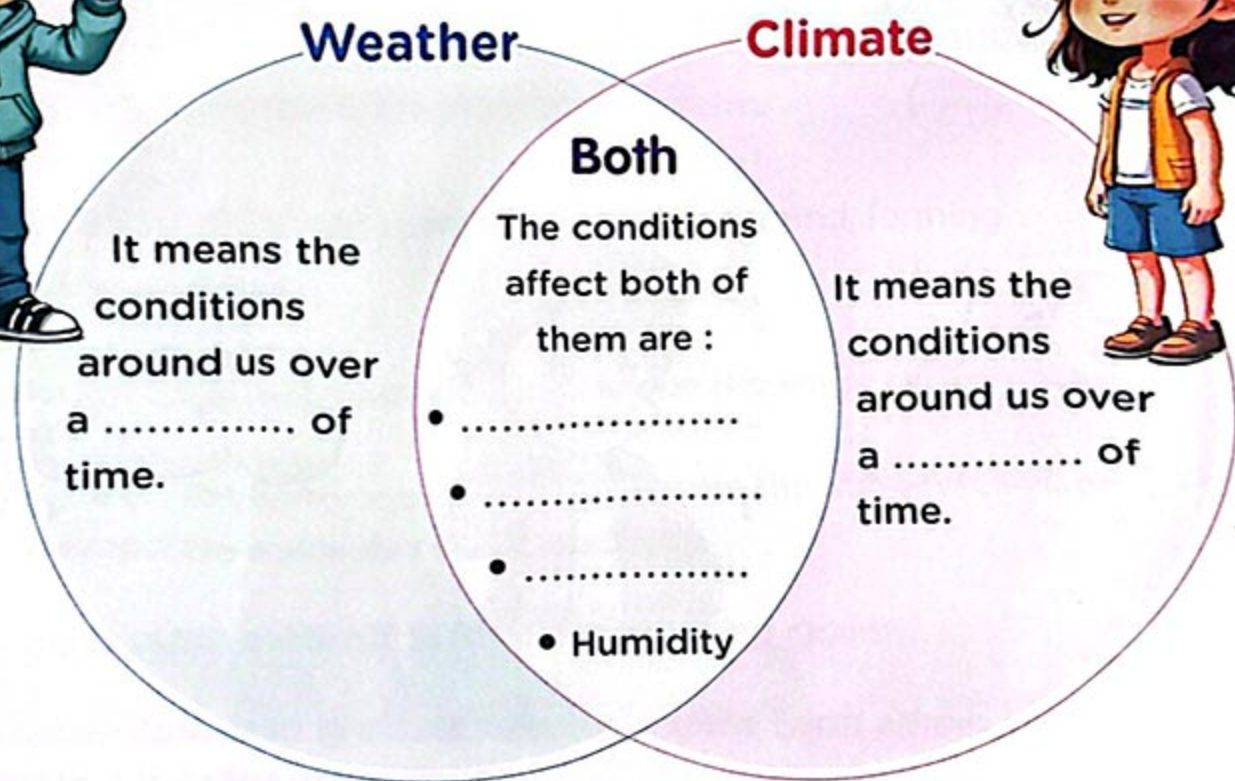
Activity 2 Read the following paragraphs between the boy and the girl, then complete the Venn diagram using information in the paragraphs.

Weather

- Weather means the conditions around us over a short period of time.
- The conditions affect weather are :
 - Temperature.
 - Precipitation (rain or snow).
 - Speed of wind.
 - Humidity.

Climate

- Climate means the conditions around us over a long period of time.
- The conditions affect climate are :
 - Temperature.
 - Precipitation (rain or snow).
 - Speed of wind.
 - Humidity.



- Discuss with your child the difference between climate and weather.
- Let your child recognize that the climate and weather are affected by the same conditions.
- **Integration of subjects** : Social studies (climate and weather) – English (reading and writing).
- **Life skills** : Identify topic-related information – Identify results and expected results.

Activity 3 Use the information about the climates of Alexandria and Luxor to compare between the climates of the two cities by completing sentences below.

ALEXANDRIA - Average temperatures												
Month	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Min. (°C)	8	9	11	13	17	19	23	23	21	17	14	11
Max. (°C)	18	19	22	24	27	29	30	31	30	28	23	20

ALEXANDRIA - Average precipitation (rain)													
Month	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	Year
Prec. (mm)	55	30	15	4	1	0	0	0	1	9	30	55	200

LUXOR - Average temperatures												
Month	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Min. (°C)	7	8	13	17	21	23	25	24	22	17	14	9
Max. (°C)	24	26	29	34	39	42	42	40	38	33	28	25

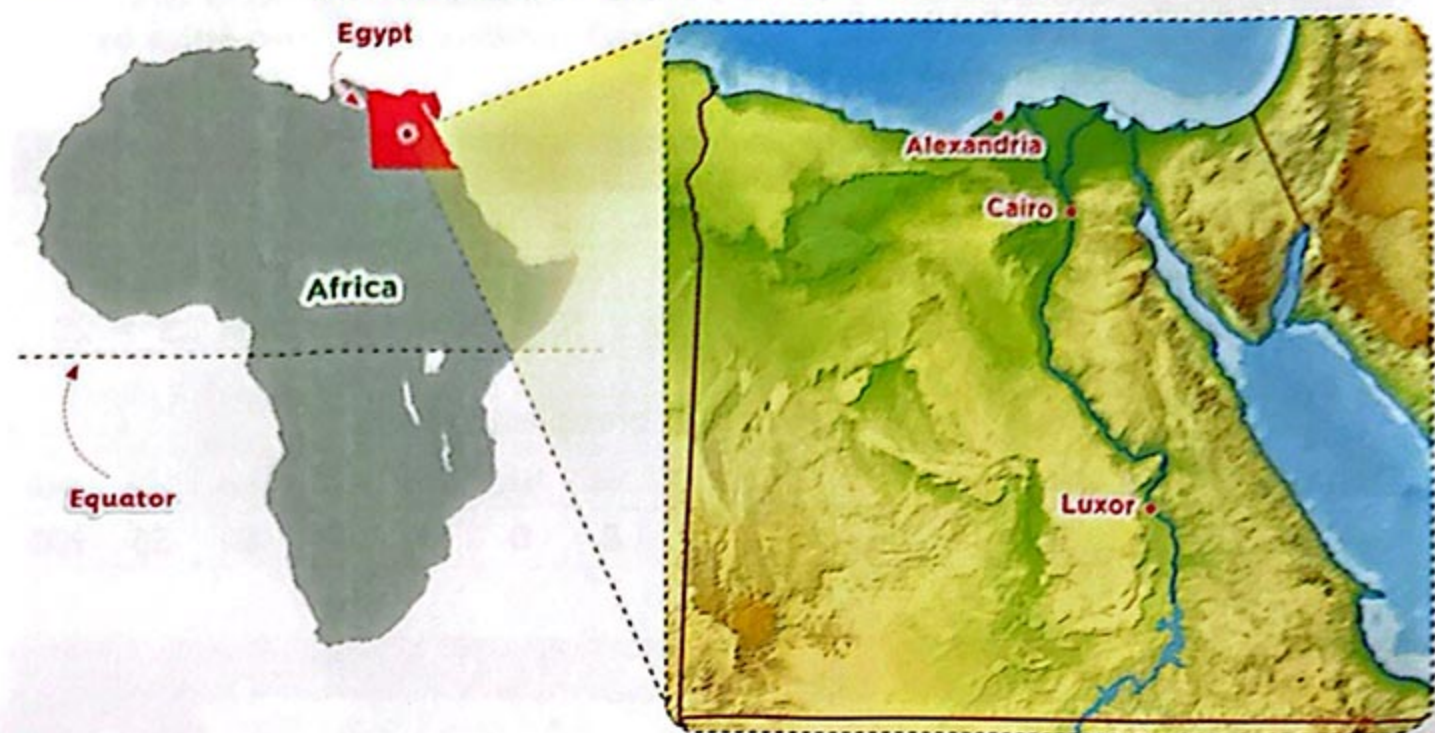
LUXOR - Average precipitation (rain)													
Month	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	Year
Prec. (mm)	0	0	0	0	0	0	0	0	0	1	0	0	1

• Choose the correct answer from those between brackets :

1. In summer, the temperature in (Alexandria - Luxor) may reach 40°C, while the temperature in (Alexandria - Luxor) may reach 30°C.
2. The climate in Luxor in summer is (hotter - cooler) than the climate of Alexandria in summer.
3. In winter, the climate in Luxor is warm but the climate in Alexandria is (hot - cold).
4. The precipitation in Alexandria is (more - less) than that in Luxor all over the year.

- Help your child to use sentences to describe the climate of his/her city.
- Integration of subjects : Social studies (climate) – English (reading and writing).
- Life skills : Verbal communication – Self-expression.

Activity 4 Look at the following map of Egypt, read the following paragraph, then answer the questions below.



- The climate of any place is affected by the location of that place relative to the water bodies. The water bodies can make the climate feel more mild or cooler than the land farther away from the water bodies.
- The places that are nearer to water bodies are more humid and receives more rain than the places far from water bodies.
- The farther away the place from the equator is, the cooler the climate becomes.

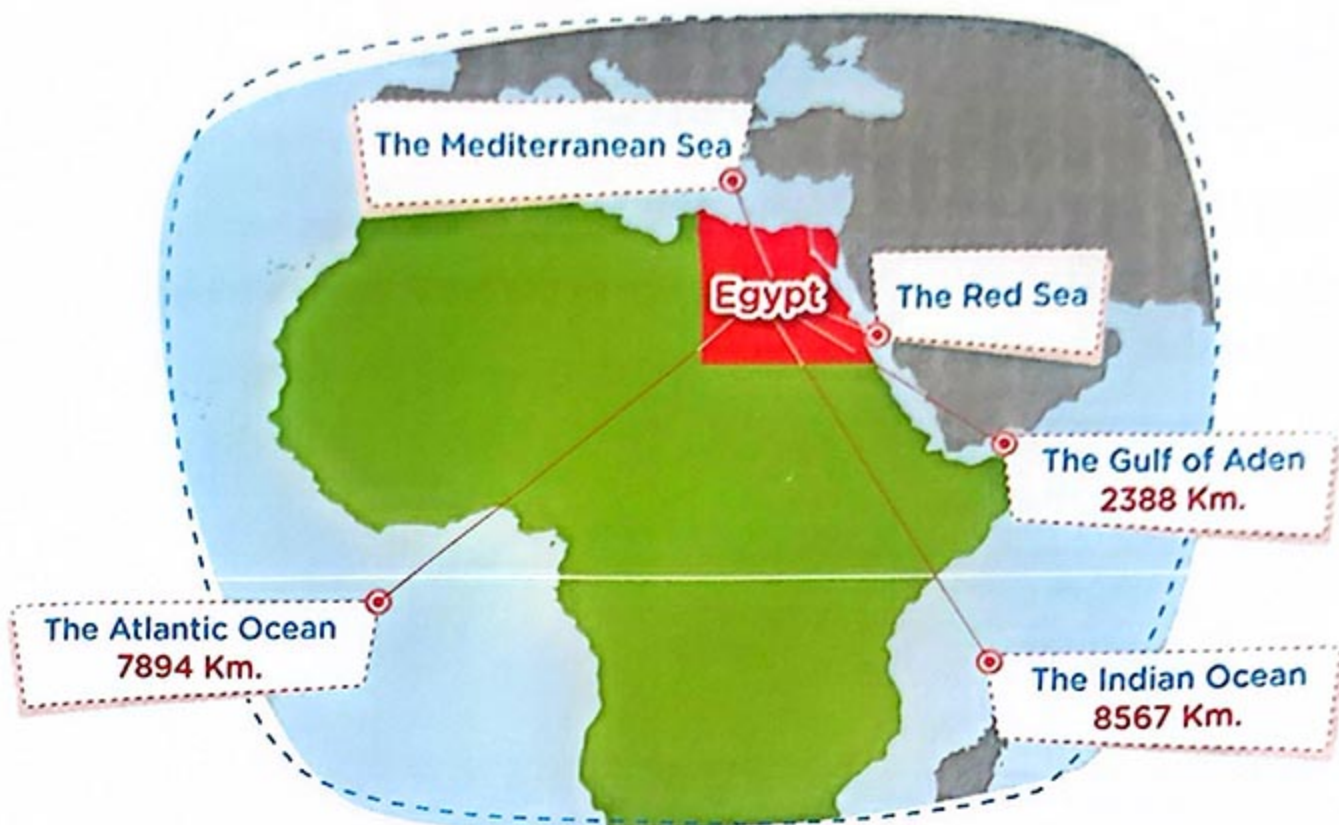
Complete the following sentences using the map above :

1. In Egypt, the climate of Alexandria is cooler than the climate of
2. Cairo receives rain more than
3. Alexandria receives rain because
4. Luxor is nearer to the equator than
5. Luxor is less humid than
6. Alexandria is nearer to the water bodies than

- Discuss with your child that the climate of any place is affected by water bodies and its location relative to the equator.
- **Integration of subjects :** Social studies (climate) – English (reading and writing).
- **Life skills :** Identify results and expected results – Observation.

Africa

Activity Look at the following map that shows the location of Egypt in Africa, then answer the questions.



• Put ✓ or ✗ :

1. The Atlantic Ocean is nearer to Egypt than the Red Sea. ()
2. The Gulf of Aden is nearer to Egypt than the Atlantic Ocean. ()
3. The Red Sea is farther from Egypt than the Indian Ocean. ()
4. The Indian Ocean is the nearest water body to Egypt. ()

• Complete :

1. The nearest two water bodies to Egypt are and
2. The nearest ocean to Egypt is
3. The Atlantic Ocean is nearer to Egypt than Ocean.

- Discuss with your child that Egypt is surrounded by water bodies that play important role in its climate.
- **Integration of subjects** : Social studies (maps) – English (reading and writing).
- **Life skills** : Collecting data – Observation.

In the Assessment Book :

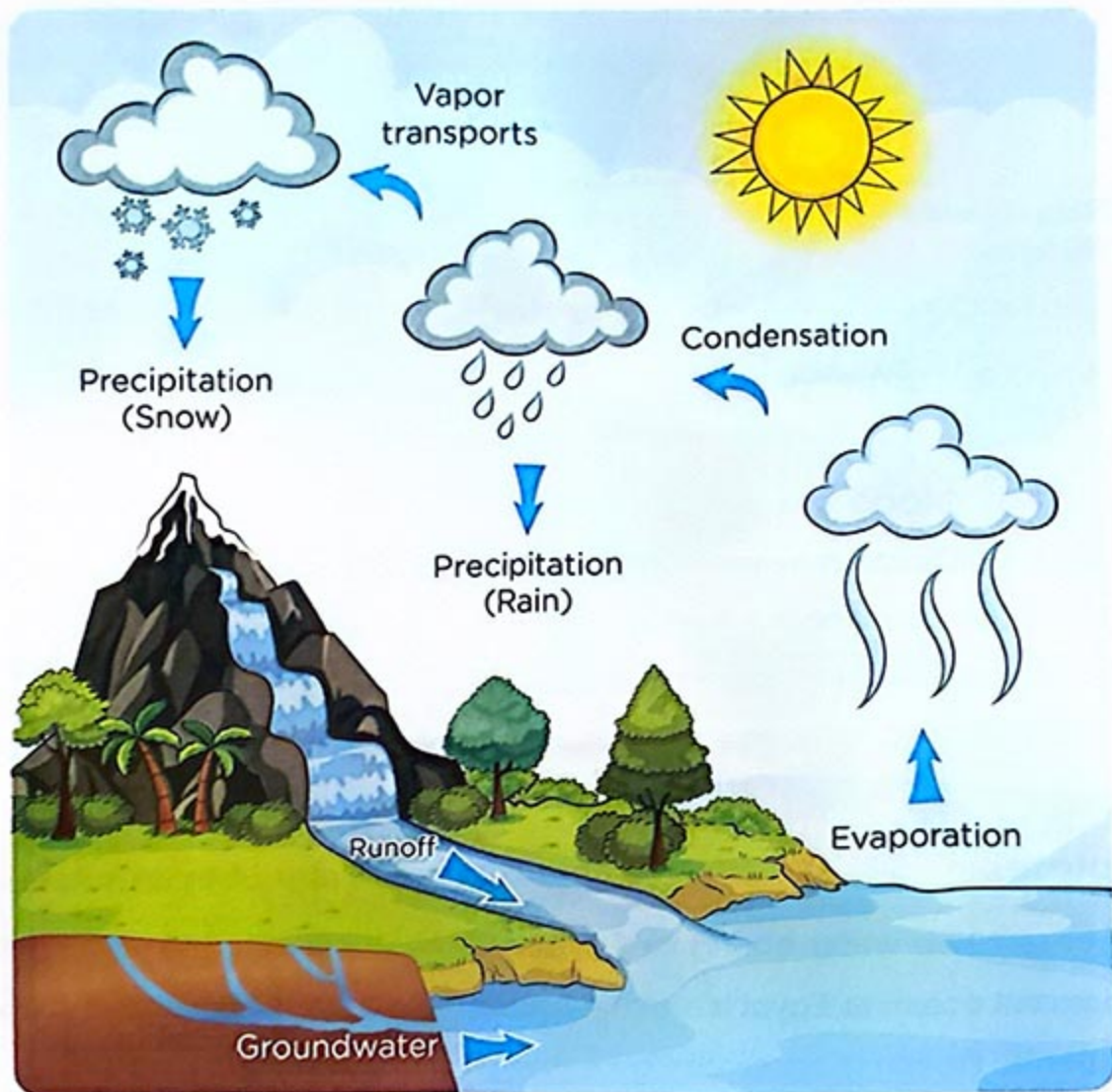
Try to answer :

- Self-Assessment (10)
- Model Exam on Chapter (2 . 2).



I Have Learned That

- Water cycle on the Earth occurs when heat from the Sun causes water on the Earth to evaporate and water vapor rises up.
- When water vapor cools off, it condenses forming clouds.
- Then water condensed in clouds falls back to the Earth as rain, snow, sleet or hail and that is called precipitation.



- **Climate** means the conditions around us over a long period of time.
- **Weather** means the conditions around us over a short period of time.

- **Egypt** is surrounded by water bodies that play an important role in its climate conditions.
- The climate of any place is affected by the location of that place relative to the water bodies.
- The water bodies can make the climate feel more mild or cooler than the land farther away from the water bodies.
- **Climate** of regions of the same country could be different as the climate of Alexandria is different from the climate of Luxor.
- Alexandria is nearer to the water bodies than Luxor.
- Luxor is nearer to the equator than Alexandria.





3

CHAPTER

How Can I Help ?



Learning outcomes

By the end of this chapter, your child will be able to :

- Describe (immediate) impact of flooding on a local community.
- Discuss flood prevention method.
- Identify ways to positively impact the local community through volunteering.
- Analyze traits of popular leaders and describe characteristics of good leaders.
- Describe how technology has contributed to environmental protection.

Key vocabulary

- | | |
|--------------|-----------------|
| • Flood | • Irrigate |
| • Impact | • Leader |
| • Traits | • Volunteer |
| • Community | • Society |
| • Advantages | • Disadvantages |

Alexandria Heavy Rains

Activity Read and learn.

Alexandria experienced unusual heavy rainfall in October of 2015. Roads were covered by water. It was difficult and dangerous to leave buildings, while the streets were under water. Citizens helped one another get safely home.



Police helped guard the town. They directed people around dangerous areas. Emergency responders worked to help people who were sick or injured. The local government looks for ways to decrease the effects of heavy rains in the future.

- Help your child to read and learn about the heavy rains and their impacts on environment and people.
- Help your child to notice the role of the government in the critical times.
- **Integration of subjects** : Science (impacts of floods on people and environment) – English (reading).
- **Life skills** : Collecting data – Verbal communication.

Being A Good Citizen

Activity 1 Read the following dialogue, then answer the questions.

Maha was watching TV with her mother and listening to positive impact on local community through volunteering. She didn't know the meaning of that so, she asked her mother.

Maha : Mom, what is the meaning of "Volunteering" ?

Mother : Volunteering is how people like you and me can help our community and others without being paid.

Maha : Is it a job ?

Mother : No, this is different than a job, when you have a job you are paid for your work.

Maha : Please, would you give me an example ?

Mother : Like cleaning trash in the neighborhood, planting trees in streets or in community gardens, collecting donations for those in need ...etc.

Maha : Can I be a volunteer ?

Mother : Yes of course, you can help to solve a problem or meet a need of people by joining to a **volunteer group** or by organizing an event.



- Help your child to read the previous dialogue for comprehension.
- **Integration of subjects** : Social studies (know the meaning of volunteering) – English (reading) – Economics and applied sciences (family relations).
- **Life skills** : Self-management – Problem-solving.

• Put ✓ or ✗ :

1. Volunteer is paid for work. ()
2. Collecting donations for cleaning trash in neighborhood is considered a job. ()
3. You can be a volunteer by joining to a volunteer group. ()
4. Volunteering is like planting trees and cleaning trash. ()

• If you want to be a volunteer. What will you do ?

.....

.....



Draw yourself as a Volunteer



• Discuss with your child the meaning of volunteering and examples of it.

Activity 2 Look at the following pictures, and then write under each of them if it is a **volunteering** or a **job**.



- Discuss with your child how he/she can be a good citizen.
- Discuss with your child the difference between volunteering and job.
- **Integration of subjects** : Social studies (differentiation between volunteering and job) – English (writing).
- **Life skills** : Respect for diversity – Sharing – Collaboration – Empathy.

Activity 3 Volunteers collect trash from neighbours and they want to classify these trash to recycle it.

Put stickers in the suitable place to classify trash.



Metal Trash

Paper Trash

Plastic Trash

Note
Stickers are
at the end of
the book

- Discuss with your child how to classify trash to recycle it.
- **Integration of subjects** : Social studies (opportunities for participation in local or regional issues) – Vocational fields (protect and conserve the environment).
- **Life skills** : Collaboration – Setting clear goals – Observation.

Flood Prevention

Activity 1 Read the following dialogue, then answer the questions below.

Ali : Today our teacher explained impacts of floods on people and environment and gave us a homework "How do we prevent floods ?" Please help me dad.

Father: You know, to prevent floods we should build dams, which stop water from entering a river or canals and prevent severe floods.

Ali : Wow, that is very good.

Father: Also we can make canals to move the water away from city area.

Ali : So, canals lead to temporary ponds.

Father: That's right. Also, people can use sand to prevent floods.

Ali : Sand, How ?!

Father: By putting sandbags in front of houses to make flood water divert around the sandbags.



• Choose :

- To prevent floods, we can
 a. build dams. b. make canals. c. use sandbags. d. (a),(b) and (c).
- We can make to move water away from city area which lead to temporary ponds.
 a. dams b. canals c. sandbags d. holes

• Put ✓ or ✗ :

- Floods impact on environment but do not impact on people. ()
- People can use sand to prevent floods. ()

Activity 2

- Look at the following pictures which describe the impacts of flood on people and the environment.
- Choose the right answer to show the impacts of flood on people or the environment at each picture as in the example given.



- Flood impacts on environment (environment - people)
- The flood damages trees (trees - cars)



- Flood impacts on (environment - people)
- The flood damages (houses - trees)



- Flood impacts on (environment - people)
- The flood damages (houses - beach)



- Flood impacts on (environment - people)
- The flood damages (beach - cars)

- Discuss with your child other examples of impacts of flood on people and the environment.
- Integration of subjects : Science (impacts of flood on people and environment)
– English (reading and writing).
- Life skills : Asking questions – Setting clear goals – Observation.

What Makes A Good Leader ?

Activity Write the following traits in the suitable place in the table below as the examples given.

Calm - Lazy - Bad listener - Helps others - Angry - Loyal
Responsible - Selfish - Good communicator - Cowardly

Traits of a good leader

Calm

Traits of a bad leader

Lazy

Those are some traits of a good leader.

- Discuss with your child other traits of a good leader.
- **Integration of subjects** : Social studies (traits of a good leader) – English (reading and writing).
- **Life skills** : Verbal communication – Asking questions – Collaboration.

A Problem At The Oasis

Activity Write the positive and negative impacts of the solution of the problem as in the example given.

1 Problem : The oasis needs clean water from underground surface.

Solution → People at the oasis can use a water pump to get underground water.

Positive impacts →

- People can irrigate more crops.
- People sell more crops and earn more money.



Negative impacts → Water of spring may decrease.

2 Problem : The oasis does not have an electric source.

Solution → People can use gasoline generator to get energy.

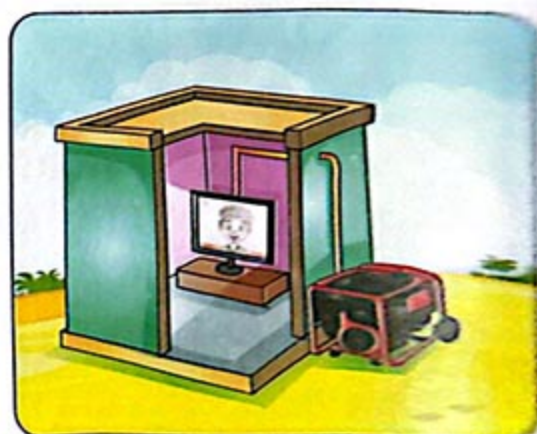
Positive impacts →

.....

.....

Negative impacts →

.....



- Help your child to notice that each solution has its own positive and negative impacts.
- **Integration of subjects :** Social studies (how to make a decision that can affect others and the environment) – English (reading and writing).
- **Life skills :** Decision-making – Problem-solving – Self-management.

Advantages And Disadvantages

- Activity**
- Technology has advantages and disadvantages.
 - Match each of the following sentences to the suitable picture as shown in the answered example.



Camera

Advantage : Communication.

Disadvantage : It may waste time.



Mobile

Advantage : Capturing personal photos.

Disadvantage : Capturing photos for people without their permission.



Television

Advantage : Transport of goods.

Disadvantage : Pollution.



Goods Truck

Advantage : Knowing the new news.

Disadvantage : It may waste time.

• Discuss with your child other examples of advantages and disadvantages of different technologies.

• **Integration of subjects :** Social studies (knowing advantages and disadvantages of different technologies) – English (reading and writing).

• **Life skills :** Observation – Setting clear goals – Sharing.

In the Assessment Book :

Try to answer :

- Self-Assessment (12)
- Model Exam on Chapter (2.3).
- Model Exams on Theme (2)



I Have Learned That

- **Volunteering** is how people like you and me can help our community and others without being paid.
- **Volunteer** is the person who helps others without being paid.
- **Examples of activities of volunteers :**
 - Planting trees in streets.
 - Cleaning trash in the neighborhood.



There are many impacts of floods on people and environment such as :



Flood impacts on the environment and damages beach.



Flood impacts on people and damages cars.

- **Floods** are prevented by :
 - Building dams.
 - Making canals.
 - Using sandbags.

Technology has advantages and disadvantages such as :

- **Goods truck :**
 - Advantage : Transport of goods.
 - Disadvantage :** Pollution.
- **Mobile :**
 - Advantage : Communication.
 - Disadvantage :** It may waste time.



Goods truck



Mobile

THE GIFT

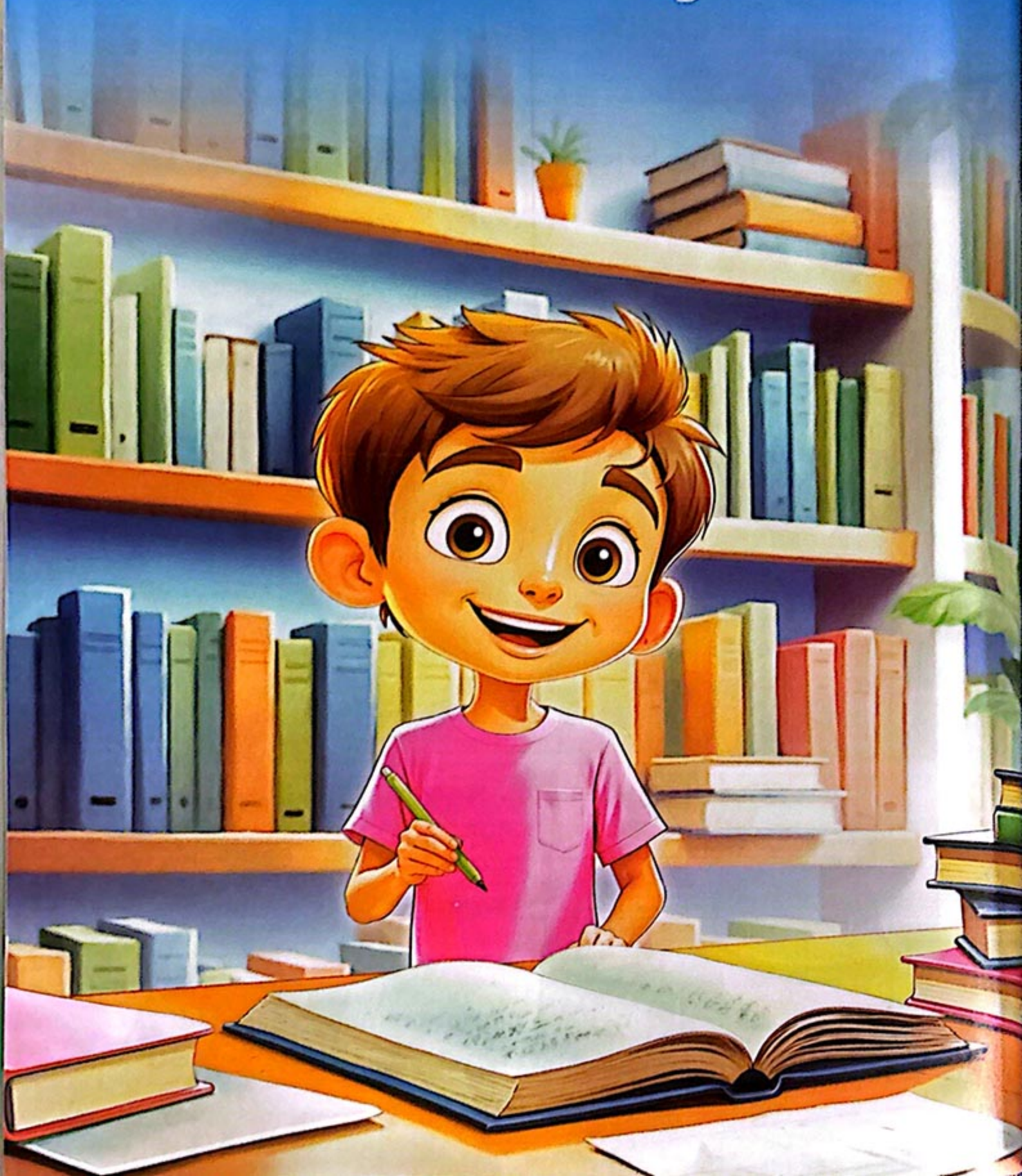


Decisions Gameboard

- Play the game with your friend (a free gift with the book) to help the farmer to plant his crop.
- The winner is the player who reaches square 64 first.



Glossary



Chapter 1

Achieve	يحقق
Attractive	جذاب
Apologize	يعتذر
Behavior	سلوك
Benefit	فائدة
Collaboration	التعاون
Communication	التواصل
Critical thinking	التفكير النقدي
Creative	إبداعي
Clearly	بوضوح
Decision-making	إتخاذ القرار
Especially	خصوصاً
Explain	يشرح
Empathy	تعاطف
Edges	حواف
Feelings	مشاعر
Fabric	قماش
Feathers	ريش
Fins	زعانف
Forgive	يسامح
Facts	حقائق
Goals	أهداف
Hope	يأمل
Ideas	أفكار
Kind	حنون
Life skills	المهارات الحياتية
Mind	رأى
Natural	طبيعي
Organize	ينظم
Opinion	رأى
Owl	بومة
Practice	ممارسة
Problem-solving	حل المشكلات
Provide	يقدم
Preys	فرائس
Peacock	الطاووس

Pledge	التعهد
Promise	وعد
Respect	يحترم
Rumor	شائعة
Self-management	الإدارة الذاتية
Sign	وقع
Scales	قشور
Set	بضع
Strong beak	منقار قوي
Sharp claws	مخالب حادة
Strategies	الاستراتيجيات
Support	الدعم
Secret	سر
Thermometer	ترمومتر
Temperature	درجة حرارة
Trust	يثق
Twice	مرتين

Chapter 2

Affect	يؤثر
Anger	غضب
Attitude	موقف
Absorb	يمتص
Acid	حمض
Bones	عظام
Blood	دم
Beat	ينق
Breakdown	تفتت
Choices	اختيارات
Calm	هادئ
Caption	عنوان لصورة
Certain	معين
Chew	مضغ
Chest	صدر
Concentrate	يركز
Contract	يتقلص / ينقبض
Digestion	هضم

Energy	طاقة	Subheading	عنوان فرعى
Efficient	كفء	Simpler	أبسط
Expand	بتمدد / ينسبط	Vessels	أنوعية
Fight	بحارب	Whole	كامل
Function	وظيفة	Worry	قلق
Fluids	سوائل		
Fuel	وقود	Chapter 3	
Fist	قبضة	Carbohydrates	كربوهيدرات
Germes	جراثيم	Cereal	حبوب
Habit	عادة	Damage	يضر
Human	إنسان	Dehydrated	الجفاف
Heart	قلب	Dizzy	الدوار
Harmful	ضار	Diet	نظام غذائي
Illnesses	أمراض	Events	أحداث
Improve	يحسن	Fats	الدهون
Intestines	الأمعاء	Grains	حبوب
Lungs	رئتين	Harm	يؤذي
Memory	ذاكرة	Hydrated	رطب
Muscles	عضلات	Headache	صداع
Muscular	عضلي	Joints	المفاصل
Nutrients	العناصر الغذائية	Minerals	المعادن
Negatively	سلبيًا	Proteins	بروتينات
Organs	أعضاء	Regularly	بانتظام
Original	أصلي	Snacks	وجبات خفيفة
Physical	بدني	Sweating	التعرق
Protective	واق	Toxins	السموم
Pump	يضخ	Thirsty	العطش
Publishing	نشر	Weak	ضعيف
Quiet	هادئ		
Regularly	بانتظام		
Stress	ضغط		
Stomach	معدة		
Skin	جلد		
Specific	محدد		
Sunscreen	كريم واقى من الشمس		
Swallow	ابتلاع		
Squeeze	يعصر		
Stay positive	ابقى إيجابيًا		

Chapter 1

Branch
Burrows
Catch
Cause
Change
Chemicals
Control
Cover
Destroy
Drought
Dry
Effect
Environment
Existence
Fire
Float
Flood
Forest
Garbage
Grazing
Grassland
Habitat
Heavy
Interaction
Invasive
Leave
Lightning
Living organism
Natural disasters
Needs
Observe
Ocean
Overgrazing
Pollute

فرع
المجور
قبض على
سبب
تغيير
المواد الكيميائية
السيطرة
يغطي
يهدم
الجفاف
جاف
تأثير
البيئة
وجود
حريق
يطفو
فيضان
غابة
نفايات
ترعى
المراعى الطبيعية
البيئة
ثقيل
التفاعل
اجتياحي
يترك
البرق
الكائن الحي
الكوارث الطبيعية
الاحتياجات
يلاحظ
محيط
الرعى الجائر
يلوث

Pollution
Pond
Prevent
Puddle
Raccoons
Rainforest
Shelter
Smoke
Soil
Storms
Streams
Strike
Survive
Throwing
Trash
Volcanoes
Vultures
Wash away
Water hyacinth
Weather
Wildlife
Worms

التلوث
بركة
يمنع
بركة صغيرة
حيوان الراكون
الغابات المطيرة
المأوى
دخان
التربة
العواصف
الجداول
يضرب
يبقى حياً
إلقاء
القمامة
براكين
النسور
تجرف
وردة النيل
الطقس
الحياة البرية
الديدان

Chapter 2

Bugs
Climate
Clouds
Cool
Condensation
Evaporation
Hares
Highlands
Humidity
Mediterranean sea
Precipitation

البق
المناخ
سحاب
يبرد
تكثيف
تبخير
أرانب برية
تلال
الرطوبة
البحر الأبيض المتوسط
هطول

Represent
Sand dunes
Siwa Oasis
Spring
Water body
Water cycle
Water vapor

Chapter 3

Advantages
Buildings
Canals
Capture
Citizens
Communicator
Community
Cowardly
Crops
Dams
Dangerous
Decisions
Decrease
Difficult
Disadvantages
Donations
Emergency
Goods
Government
Guard
Impact
Injured
Irrigate
Lazy
Land
Lead

يمثل
كثبان رملية
واحة سيوة
نوع
مسطح مائي
دورة المياه
بخار الماء

مميزات
مباني
قنوات
النقاط
مواطنين
متصل
مجتمع
جبان
محاصيل
سدود
خطير
قرارات
يقل
صعب
عيوب
تبرعات
طوارئ
بضائع
حكومة
يحمي
تأثير
جريح
بروي
كسول
أرض
يقود

Leader
Listener
Loyal
Neighborhood
Organizing
Paid
Permission
Responsible
River
Sandbags
Selfish
Temporary
Traits
Volunteer
Volunteering

قائد
مستمع
مخلص
الحي
تنظيم
مدفوع
إذن / تصريح
مسؤول
نهر
شكائر رمل
أناني
مؤقت
صفات
متطوع
التطوع

EL-MOASSER

ASSESSMENT BOOK



3rd 2026
PRIMARY

FIRST TERM

DISCOVER

MULTIDISCIPLINARY

By A Group of Supervisors

THIS ASSESSMENT BOOK

Includes Three Parts

Part 1

Self-Assessments

(Page 3)

Include :

- Self-assessments on each chapter.
- Model exam on each chapter.
- Model exams on each theme.
- Monthly tests.



Part 2

Final Examinations

(Page 35)

Include :

- Final examinations of some governorates.



Part 3

Guide Answers

(Page 54)

Include :

- Guide Answers of Part (1) "Self-Assessments".
- Guide Answers of Part (2) "Final Examinations".





1

PART

Self-Assessments

THEME ONE : Who Am I ? – Living Healthy.

Chapter **1** Making A Stronger Me :

- Self-Assessments (1) and (2) — 5 - 6
- Model Exam on Chapter (1.1) — 7

Chapter **2** Making A Healthy Body :

- Self-Assessments (3) and (4) — 8 - 9
- Model Exam on Chapter (1.2) — 10 - 11

Chapter **3** Get Fit With Healthy Eating :

- Self-Assessments (5) and (6) — 12 - 13
- Model Exam on Chapter (1.3) — 14
- Model Exams on Theme (1) — 15 - 17

THEME TWO : The World Around Me – Taking Care of Our World.

Chapter **1** When Habitats Change :

- Self-Assessments (7) and (8) — 18 - 19
- Model Exam on Chapter (2.1) — 20

Chapter **2** Water, Water Everywhere :

- Self-Assessments (9) and (10) — 21 - 22
- Model Exam on Chapter (2.2) — 23 - 24

Chapter **3** How Can I Help ?

- Self-Assessments (11) and (12) — 25 - 26
- Model Exam on Chapter (2.3) — 27
- Model Exams on Theme (2) — 28 - 29
- **Monthly Tests** — 30 - 34



Self-Assessments

On Chapter (1.1)

Self-Assessment 1 on Lesson 1

1 (A) Put (✓) or (X) :

1. Empathy is setting goals and planning how to achieve them. ()
2. Speaking clearly and listening to each other is considered as communication skill. ()
3. We use thinking before speaking strategy in critical thinking skill. ()

(B) Who Am I ...?

A life skill that shows sharing and working together. (.....)

2 (A) Complete the following sentences using the words below : (setting goals – collaboration – life skill)

1. Something we practice and then help to learn to do well is called
2. We use strategy in self-management skill.
3. We use sharing our ideas and respecting other's ideas strategy in skill.

(B) Mention two examples of life skills.

1.
2.

3 Match each picture with the suitable life skill :



a. Problem-solving

b. Self-management

c. Collaboration

Self-Assessment 2

on Lessons 2 & 3

1 (A) Choose the correct answer :

1. Owl has big that provide good night vision to catch its preys.
a. eyes b. ears c. legs
2. Peacock has colorful
a. legs. b. feathers. c. fins.
3. is used to measure the temperature of the body.
a. Ruler b. Fridge c. Thermometer

(B) Who Am I ...?

A promise to ourselves and others to do something. (.....)

2 (A) Complete the following sentences using the words below :

(legs – fabric – claws – tail)

1. The material that is used in making clothes carpets and towels is called
2. Owl has strong and sharp
3. Peacock spreads his in the form of a large fan.

(B) Who Am I ...?

I live in water, move with my fins and I have scales on my body. (.....)

3 Look at the following pictures which represent small parts of big pictures, then use the critical thinking skill to answer the riddles by using these words :

(Camel – Giraffe)

1.



- I have a long neck.
 - I eat the leaves of long trees.
-

2.



- I live in desert.
 - I can walk on sand easily.
-

Model Exam

On Chapter (1.1)

Total mark
15

1 (A) Complete the following sentences using the words below :

(5 marks)

(collaboration – listening to others – pledge – life skill)

1. A promise to ourselves and others to do something is known as a
2. We use strategy in communication skill.
3. Something we practice and then hope to learn to do well is known as a
4. Sharing and working together is called skill.

(B) Who Am I ... ?

I have big eyes to catch my preys and I have strong beak and sharp claws.

(.....)

2 (A) Complete the following table using the sentences below :

(5 marks)

(Critical thinking – Thinking before speaking –
Listening to others – Self-management)

Life skills	Strategies used for life skills
1.	a. Setting goals.
2. Communication.	b.
3.	c.

(B) Mention two examples of life skills.

1.
2.

3 (A) Choose the correct answer :

(5 marks)

1. We use strategy in collaboration skill.
 - a. listening to others
 - b. sharing ideas
 - c. speaking clearly
2. Developing possible solutions is called skill.
 - a. communication
 - b. problem-solving
 - c. critical thinking
3. Speaking clearly and listening to each other are considered as skill.
 - a. critical thinking
 - b. empathy
 - c. communication
4. Caring about others and respecting their feelings are considered as skill.
 - a. problem-solving
 - b. decision-making
 - c. empathy

(B) Cross the odd word out :

Communication – Critical thinking – Collaboration – Setting goals. (.....)

Self-Assessments

On Chapter (1.2)

Self-Assessment 3 : on Lessons 1, 2 & 3

1 (A) Choose the correct answer :

- Our skin weighs about kilograms.
a. 4 b. 40 c. 400
- The protects us from harmful sun rays.
a. heart b. eyes c. skin
- Skin makes the temperature of the body
a. high. b. constant. c. low.

(B) Who Am I ... ?

The parts of our bodies that have a specific function. (.....)

2 (A) Write "healthy habit" or "unhealthy habit" in front of each of the following situation :

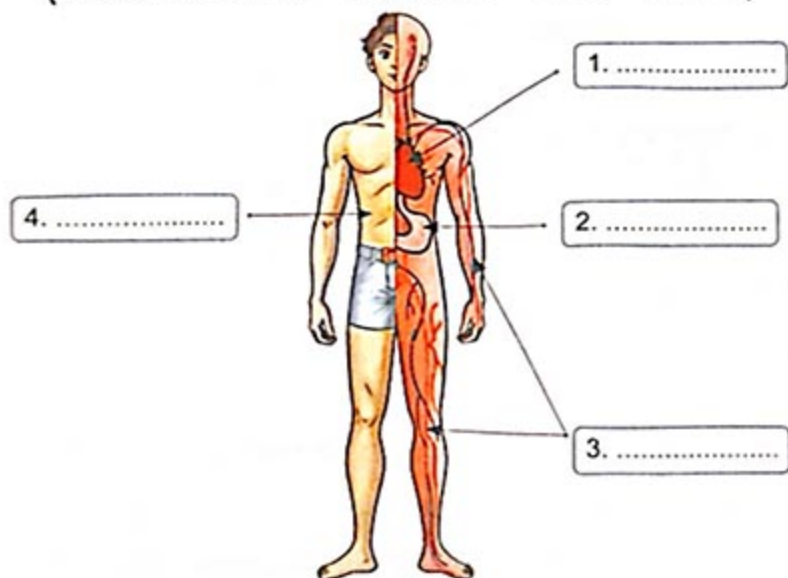
- Watching TV and playing video games for hours. (.....)
- Eating fruits and vegetables. (.....)
- Drinking water throughout the day. (.....)

(B) Complete the following sentences using the words below :
(germs – fluids)

- The skin protects our body from harmful
- The skin keeps inside our bodies.

3 Put each label in the suitable place on the following figure :

(Blood vessels – Stomach – Skin – Heart)



Self-Assessment 4

on Lessons 4 & 5

1 (A) Complete the following sentences using the words below :

(lungs – energy – digestion)

1. The body has a process called which changes the food we eat into simpler parts.
2. Nutrients provide the human body with the needed
3. The heart is located between the two inside the chest.

(B) Who Am I ... ?

An organ that produces an acid which helps us to digest our food. (.....)

2 (A) Choose the correct answer :

1. Digestion process begins in your
 a. stomach. b. mouth. c. intestines.
2. The pushes the blood to all the body parts.
 a. heart b. stomach c. lungs
3. When the digested food leaves the stomach, it moves to to continue the digestion process.
 a. intestines b. mouth c. lungs

(B) Complete the following sentence :

The heart keeps moving through our bodies which carries and nutrients to every part of your body.

3 Rearrange the path of food inside your body :

- a. Muscles in the stomach squeeze the food with the acid to breakdown the food.
- b. The nutrients in the digested food are carried away in the blood.
- c. During chewing, the food is broken into smaller pieces.
- d. The digested food moves to the intestines.
- e. Muscles push the food down to the stomach.

© → → → →

Model Exam

On Chapter (1.2)

Total mark
15

1 (A) Complete the following sentences using the words below :

(5 marks)

(skin – sunscreen – healthy – nutrients)

1. To protect the skin and keep its original color we can use
2. Drinking enough amount of water daily is a habit.
3. The largest organ in our body is the
4. The in the digested food are carried away in the blood, giving the human body energy.

(B) Who Am I ... ?

A muscular organ about the size of your fist. (.....)

2 (A) Put (✓) or (X) :

(5 marks)

1. Doing exercises everyday is a healthy habit. ()
2. Staying calm help your body fight some illnesses. ()
3. The heart is filled with water when it expands. ()
4. When you swallow the food, muscles push it down to your stomach. ()

(B) Mention the location of the heart inside your chest.

.....

3 (A) Choose the correct answer :

(5 marks)

1. Physical activities can help you in all the following, except
 - a. improve your mood.
 - b. concentrate in school.
 - c. keep you angry and worry.
2. The protects us from harmful germs and sun rays.
 - a. skin
 - b. stomach
 - c. heart

3. When the heart contracts, it pushes the blood out into that run through the body.
- a. blood vessels b. bones c. muscles
4. The gives us information about what we can see in the picture.
- a. middle paragraph b. caption c. subheading

(B) Write the name of the following organs :



1.



2.



3.



Your Way to Success



Self-Assessments

On Chapter (1.3)

Self-Assessment 5

on Lessons 1 & 2

- 1** (A) Complete the following sentences using the words below :
(carbohydrates – food – energy)

1. Canteen is a place where to buy
2. Grains, potatoes and bread contain
3. Fats provide the body with

(B) Who Am I ... ?

The kind of food that a person eats regularly. (.....)

- 2** (A) Put (✓) or (X) :

1. Eggs, fish and meat contain proteins. ()
2. Chocolate and soda are from healthy food. ()
3. Proteins build up our muscles and help us to grow. ()

(B) Mention two examples of nutrients.

1.
2.

- 3** Match each nutrient with the food rich in it :

1. Carbohydrates

a.



Eggs



Fish

2. Proteins

b.



Butter



Nuts

3. Fats

c.



Potatoes



Bread

Self-Assessment 6

on Lessons 3, 4 & 5

1 (A) Complete the following sentences using the words below :

(nutrients – constant – sweating)

1. Water keeps the body temperature
2. Vitamins are that the body needs for normal growth.
3. Our body loses a lot of water through

(B) Who Am I ...?

The substances that body needs for good health by forming strong bones and teeth. ()

2 (A) Put (✓) or (X) :

1. Without vitamins and minerals, we get sick and our bodies will not grow properly. ()
2. If you lose too much water without replacing it, your body will be hydrated. ()
3. Water keeps the bones healthy. ()

(B) Complete the following sentences :

1. The water keeps the move correctly.
2. The water keeps the body get rid of toxins and

3 Match each vitamin and mineral with the food rich in each of them :

1. Vitamin (K)

a.



Milk



Cheese

2. Calcium (Ca)

b.



Cucumber



Broccoli

3. Iron (Fe)

c.



Meat



Eggs

Model Exam

On Chapter (1.3)

Total mark
15

1 (A) Choose the correct answer :

(5 marks)

- The human body loses a lot of water through
a. breathing. b. eating. c. drinking.
- Your body stay by drinking enough water to keep your body working well.
a. dehydrated b. hydrated c. nutrition
- The are from important nutrients that build up our muscles and help us to grow.
a. carbohydrates b. fats c. proteins
- Without vitamins and minerals our bodies will be
a. healthy. b. strong. c. sick.

(B) Who Am I ...?

An element of food that provides energy for our bodies and is necessary for healthy growth. (.....)

2 (A) Classify the following words into healthy food and unhealthy food in the table below :

(5 marks)

(Soda – Banana – Carrot – Chips – Chocolate – Apple – Chicken – Lollipop)

Healthy Food	Unhealthy Food
.....	
.....	
.....	

(B) Mention two results you will suffer from when don't drink enough water.

-
-

3 (A) Complete the following sentences using the words below :

(5 marks)

(toxins – diet – vitamin (C) – water)

- Water helps the body get rid of and wastes.
- Everyone has its own that includes the amount and type of food he eats.
- Orange, lemon and guava contain
- Our bodies mostly contain

(B) Mention two examples of minerals.

-
-

Model Exams

On Theme One

Model Exam 1

Total mark
15

1 (A) Complete the following sentences using the words below :

(5 marks)

(fluids – headache – energy – organs)

1. If you lose too much water without replacing it, you will have a
2. The skin keeps inside your body.
3. When the food is broken down, the body absorbs it to get
4. The parts of our bodies that have a specific functions are called

(B) Who Am I ...?

I live in water and I can move with my fins. (.....)

2 (A) Choose from column (B) what suits it in column (A) :

(5 marks)

(A)	(B)
1. We use setting goals strategy in	a. communication skill.
2. From examples of healthy food are	b. soda and chocolate.
3. We use listening to others strategy in	c. self-management skill.
4. From examples of unhealthy food are	d. fish, chicken and vegetables.

1. 2. 3. 4.

(B) Cross the odd word out :

Calcium (Ca) – Vitamin (K) – Potassium (K) – Zinc (Zn). (.....)

3 (A) Put (✓) or (X) :

(5 marks)

1. Fats and carbohydrates provide the body with energy. ()
2. Being active is one of the best things we can do to keep our bodies strong and healthy. ()

3. Eating a lot of candies is a healthy habit. ()

4. The skin is the smallest organ in our body. ()

(B) Write the name of the following organs :



1.



2.



3.

EL-MOASSER

DISCOVER

Parents' Guide

Your Way to Success



Model Exam 2**1 (A) Choose the correct answer :**

1. Stomach produces that helps in the digestion of food.
a. acid b. water c. air
2. In an article, the tells us what you are going to read about.
a. title b. subheading c. caption
3. Setting goals and planning how to achieve them is skill.
a. empathy b. critical thinking c. self-management
4. The digested food moves to the to continue the digestion process.
a. intestines b. lungs c. heart

(B) Who Am I ...?

I am the largest organ in your body and protect you from harmful germs.

(.....)

2 (A) Match each nutrient with its importance :

(5 marks)

1 Proteins •

a. They make our bones and teeth strong.

2 Carbohydrates •

b. They build up our muscles and help us to grow.

3 Minerals •

c. They provide the body with energy.

(B) Complete the following sentence :

We can protect our skin from harmful sun rays by putting on it or covering it by clothes or

3 (A) Put (✓) or (X) :

(5 marks)

1. Physical activities keep your body strong and healthy. ()
2. Eating fruits and vegetables is a healthy habit. ()
3. Fats build up our muscles. ()
4. Drinking small amount of water makes your body dehydrated. ()

(B) Cross the odd word out :

Fish – Meat – Chicken – Soda.

(.....)

Self-Assessments

On Chapter (2.1)

Self-Assessment 7 : on Lessons 1 & 2

- 1** (A) Classify the following items into living organisms and non-living things in the table below :

(Rocks – Cow – Sea water – Algae)

Living organisms	Non-living things
.....	
.....	

- (B) Who Am I ...?

An animal makes burrows in the ground.

(.....)

- 2** (A) Put (✓) or (X) :

1. Animals need food, water and shelter to live.

()

2. Octopus can live in rainforest habitat.

()

3. Turtles and frogs can hide under rocks.

()

- (B) Mention two examples of plants that live in ocean habitat.

1.

2.

- 3** Match each picture with its description :

1.



a. I build my nest on a tree branch.

2.



b. I live in grassland habitat.

3.



c. I live in ocean habitat.

Self-Assessment 8 on Lessons 3, 4 & 5

1 (A) Put (✓) or (X) :

1. The ground becomes hard and sandy as a result of overgrazing. ()
2. Drought happens by volcanoes. ()
3. Flood can wash away soil and plants. ()

(B) Who Am I ...?

An invasive plant floats on the water. ()

2 (A) Choose from column (B) what suits it in column (A) :

(A)	(B)
1. Fire happens when	a. heavy rains cover the dry land with a lot of water.
2. Drought happens when	b. lightning strikes the land.
3. Flood happens when	c. humans throw trash and chemicals into water.
4. Pollution happens when	d. there is no rain for a long time.

1. 2. 3. 4.

(B) Mention one harm of drought.

.....

3 Write the name of the following pictures using the words below :

(Fire – Drought – Flood – Pollution)



1.

2.

3.

4.

Model Exam

On Chapter (2.1)

Total mark
15

1 (A) Choose the correct answer :

(5 marks)

- The does not live in the forest.
a. lion b. shark c. giraffe
- The ground becomes as a result of overgrazing.
a. sandy b. muddy c. green
- A grasshopper feeds on
a. snake. b. frog. c. grass.
- The smoke produced from, pollutes the air.
a. the Sun b. fire c. flood

(B) Mention three of natural disasters that can cause a change in the environment.

-
-
-

2 (A) Put (✓) or (X) :

(5 marks)

- Flood happens when heavy rains cover the dry land with a lot of water. ()
- Humans, plants and animals are non-living things. ()
- Water hyacinth harms the environment of River Nile in Egypt. ()
- During drought, animals may move to another place to find water. ()

(B) Who Am I ...?

I happen when lightning strikes the land or by human-made fire that gets out of control. (.....)

3 (A) Classify the following items into living organisms and non-living things in the table below :

(5 marks)

(Sun – Frog – Air – Pea plant)

Living organisms	Non-living things
.....	
.....	

(B) Put each of the following words in front of the suitable sentence below :

(Pollution – Habitat)

- It is the environment where plants and animals normally live and grow. (.....)
- It happens by volcanoes or humans throwing trash and chemicals into water. (.....)

Self-Assessments

On Chapter (2.2)

Self-Assessment 9 : on Lessons 1 & 2

1 (A) Put (✓) or (X) :

- Siwa Oasis has nearly 20 springs. ()
- Olives and acacia tree grow in Siwa Oasis. ()
- Mint, basil and dates are used for medicines. ()

(B) Who Am I ...?

A process in which gas is cooled off and turns into liquid. ()

2 (A) Complete the following sentences using the words below :

(runoff – solid – bugs)

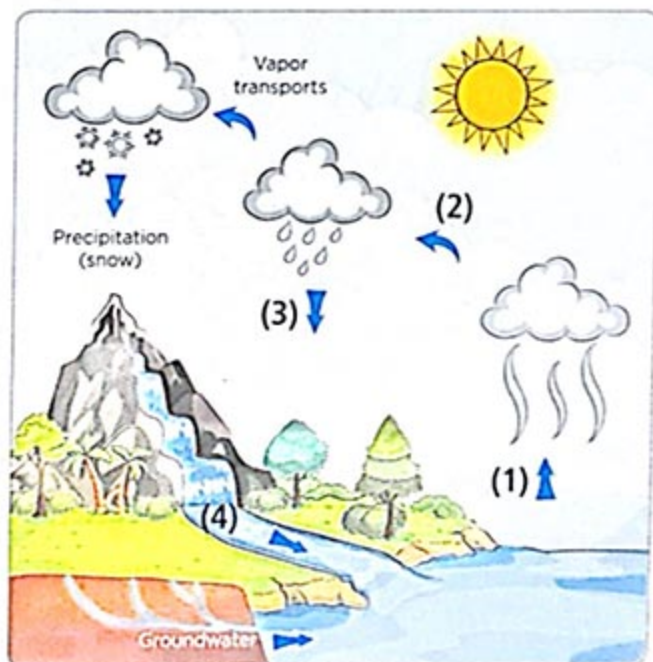
- When you visit Siwa Oasis, you can see many kinds of
- When rains flow down the sides of mountains, it is called
- Ice is a form of matter.

(B) Mention two examples of animals that live in Siwa Oasis.

-
-

3 Write the labels of the following picture using these words :

(Evaporation – Precipitation (rain) – Runoff – Condensation)



-
-
-
-

Self-Assessment 10

on Lessons 3 & 4

1 Choose the correct answer :

- Egypt is located in
a. Asia. b. Europe. c. Africa.
- The means the conditions around us over a long period of time.
a. climate b. weather c. pressure
- The nearest water body to Egypt is the
a. Atlantic Ocean. b. Red Sea. c. Indian Ocean.
- The means the conditions around us over a short period of time.
a. climate b. weather c. pressure

2 (A) Put (✓) or (X) :

- Luxor and Alexandria are located in Egypt. ()
- Alexandria is nearer to the equator than Luxor. ()
- The Atlantic Ocean is nearer to Egypt than the Indian Ocean. ()

(B) Mention three conditions that affect weather and climate.

-
-
-

3 Write the suitable word from the words bank below each picture to describe the conditions of the weather :

(Rainy – Humidity – Windy – Sunny)



1.



2.



3.



4.

Model Exam

On Chapter (2.2)

Total marks
15

1 (A) Put (✓) or (X) :

(5 marks)

1. Apple trees grow in Siwa Oasis. ()
2. From the animals that live in Siwa Oasis are hares and white gazelles. ()
3. Evaporation is the process in which gas is cooled off and turns into liquid. ()
4. Runoff is formed when rain flows down the sides of mountains. ()

(B) Who Am I ... ?

A process in which heat changes a liquid into a gas and rise up. (.....)

2 (A) Complete the following sentences using the words below :

(5 marks)

(acacia trees – springs – groundwater – weather)

1. The means the conditions around us over a short period of time.
2. The underground rivers that is formed due to soaks of the rain deep into the ground is called
3. In Siwa Oasis, help in blocking sandstorms.
4. Siwa Oasis has many

(B) Choose from column (B) what suits it in column (A) :

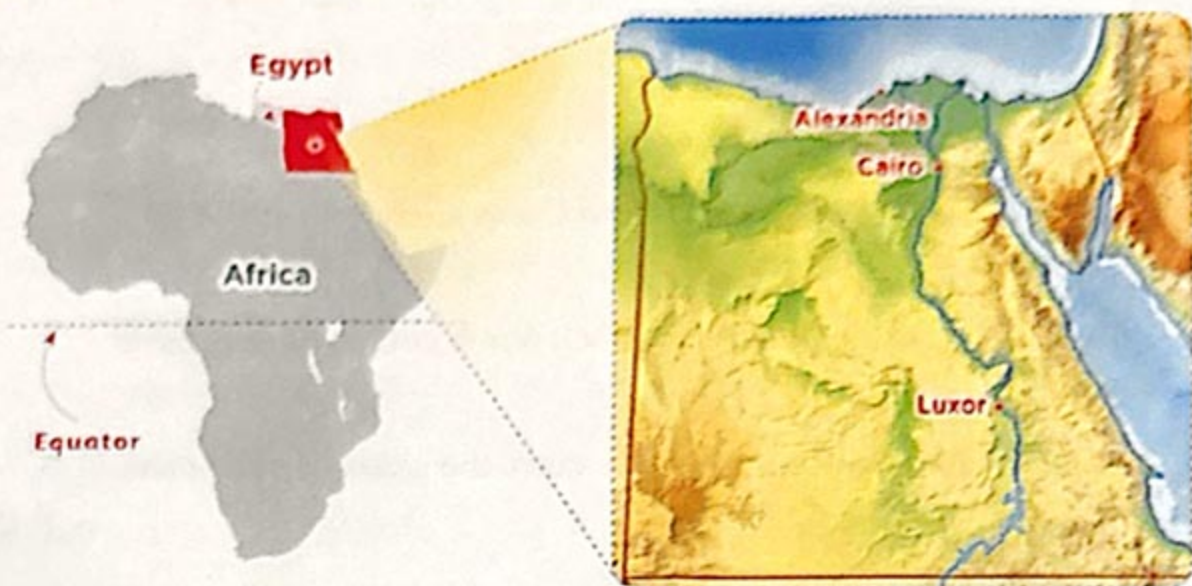
(A)	(B)
1. Climate	a. means water bubbling up to the surface of the Earth.
2. Spring	b. means the conditions around us for a long period of time.
3. Precipitation	c. is a process in which water vapor in clouds falls back to the Earth as rain, snow, sleet or hail.

1.

2.

3.

3 (A) Look at the following map of Egypt, then choose the correct answer. (5 marks)



- The nearest city to the equator is
 a. Alexandria. b. Luxor. c. Cairo.
- is the nearest city to a water body.
 a. Alexandria b. Luxor c. Cairo
- is the city that receives the largest amount of rain.
 a. Alexandria b. Luxor c. Cairo

(B) Mention three plants that grow in Siwa Oasis.

-
-
-

Self-Assessments

On Chapter (2.3)

Self-Assessment 11 on Lessons 1, 2 & 3

1 Put (✓) or (X) :

1. Collecting donations for planting trees in streets is considered a job. ()
2. Floods affect environment and people. ()
3. Volunteering is considered a job. ()
4. Volunteering is how people can help our community without being paid. ()

2 (A) Complete the following sentences using the words below :

(flood – dams – volunteer)

1. Building stop water from entering a river or canals to prevent severe floods.
2. The person who helps others without being paid is called a
3. The damages houses, trees and cars.

(B) Mention three ways to prevent flood.

1.
2.
3.

3 Look at the following pictures, and then write under each of them if it is a volunteering or a job.



1.



2.



3.



4.

Self-Assessment 12 : on Lessons 4, 5 & 6

1 Put (✓) or (X) in front of the traits of a good leader :

- | | |
|---|--|
| 1. ☐ I am loyal. | 2. ☐ I help others. |
| 3. ☐ I am angry. | 4. ☐ I am calm. |
| 5. ☐ I am selfish. | |

2 (A) Choose the correct answer :

- Being a is one of the traits of a good leader.
a. lazy b. responsible c. bad listener
- is from disadvantages of TV.
a. Pollution b. Capturing personal photos
c. Wasting time
- Technology has
a. advantages only. b. disadvantages only.
c. advantages and disadvantages.

(B) Mention two traits of a good leader and two traits of a bad leader.

- Traits of a good leader :

- | | |
|---------|---------|
| 1. | 2. |
|---------|---------|

- Traits of a bad leader :

- | | |
|---------|---------|
| 1. | 2. |
|---------|---------|

3 Look at the following pictures, then complete using these sentences :

(It may make noise – Knowing the new news – Cleaning clothes – It may waste time)



(1)

Advantage :

Disadvantage :



(2)

Advantage :

Disadvantage :

Model Exam

On Chapter (2.3)

Total mark
15

1 (A) Complete the following sentences using the words below :

(5 marks)

(floods – community – good – dams)

- Volunteering is how people can help without being paid.
- Sandbags can be used to prevent
- Building and making canals are ways to decrease the effects of floods.
- Loyal is from traits of a leader.

(B) Who Am I ...?

A person who helps others without being paid.

(.....)

2 (A) Put (✓) or (X) :

(5 marks)

- A good leader should be responsible and lazy. ()
- Floods impact on environment and people. ()
- Dams stop rising water from entering a river or canal. ()
- Mobile phones are used in communication, but they may cause time wasting. ()

(B) Look at the following picture, then complete using these sentences :

(Pollution – Transport people)

Advantage :

Disadvantage :



3 (A) Put (✓) or (X) in front of the activities of volunteers :

(5 marks)

- | | |
|--|---|
| 1. ☐ Cleaning trash. | 2. ☐ Selling toys. |
| 3. ☐ Planting trees in streets. | 4. ☐ Collecting donations. |
| 5. ☐ Throwing garbage in streets. | 6. ☐ Classifying garbage. |

(B) Look at the following pictures, then complete using the words below :

(Sandbags – Volunteering – Job – Flood)



1.



2.



3.



4.

Model Exam

On Theme Two

Total mark
15

Model Exam 1

1 (A) Complete the following sentences using the words below :

(5 marks)

(water – dam – volunteer – climate)

- The means the conditions around us over a long period of time.
- The flood is too much at once due to heavy amounts of precipitation in a short period of time.
- The person who helps others without being paid is called a
- The is from ways used to stop flooding.

(B) Who Am I ... ?

I happen when there is no rain for a long time, so the land becomes hard. (.....)

2 (A) Put (✓) or (X) :

(5 marks)

- Volunteers can collect garbage and planting trees in streets. ()
- Flood affects the environment, but does not affect people. ()
- Green algae live on the rocks found in water. ()
- Drought can wash away soil and plants. ()

(B) Mention two plants and two animals that live in Siwa Oasis.

Plants : 1. 2.

Animals : 1. 2.

3 (A) Choose the correct answer :

(5 marks)

- The of floods can move quickly that can harm people and animals.
a. water b. ice c. water vapor
- Being is one of traits of a good leader.
a. lazy b. calm c. angry
- The water that is bubbling up to the surface of the Earth is called
a. runoff. b. groundwater. c. spring.
- Squirrels and can use holes in trees as a shelter.
a. turtles b. owls c. frogs

(B) Write the suitable word from the words bank below to describe the figure of weather conditions :

(Sunny – Cloudy – Rainy)



1.

2.

3.

Model Exam 2**1 (A) Choose the correct answer :**

- When the rain flows down the sides of mountains, it is called
a. runoff. b. groundwater. c. spring.
- When there is no rain for a long time, happens.
a. fire b. drought c. flood
- Siwa Oasis has nearly springs.
a. 200 b. 2000 c. 20
- A plant is an invasive plant that commonly found on River Nile in Egypt.
a. pea b. mint c. water hyacinth

(B) Mention three traits of a good leader.

-
-
-

2 (A) Complete the following sentences using the words below :

(5 marks)

(sand – weather – shelter – precipitation)

- Animals need food, water and to live.
- The means the conditions around us over a short period of time.
- The process in which water vapor in clouds falls back to the Earth as rain is called
- To prevent the risk of flooding, bags of are used.

(B) Cross the odd word out :

Basil – Bean – Olives – Acacia tree.

(.....)

3 (A) Put (✓) or (X) :

(5 marks)

- Star fish can live in ocean habitat. ()
- Frogs and turtles can hide under rocks. ()
- The Indian Ocean is the nearest water body to Egypt. ()
- From disadvantages of TV, that it may waste time. ()

(B) Classify the following items into living organisms and non-living things in the table below :

(Toys – Elephant – Chair – Sunflower)

Living organisms	Non-living things
.....	
.....	



Monthly Tests

- October Tests.
- November Tests.

October Tests

Total mark

10

Model 1

1 (A) Put (✓) or (X) :

(5 marks)

1. When you swallow the food, muscles push it down to the stomach. ()
2. We use setting goals strategy in self-management skill. ()
3. The heart is filled with water when it expands. ()
4. Doing exercises everyday is a healthy habit. ()

(B) Who Am I ...?

A muscular organ about the size of your fist. (.....)

2 (A) Complete the following sentences using the words below :

(5 marks)

(skin – collaboration – pledge – nutrients)

1. The in the digested food are carried away in the blood, giving the human body energy.
2. Sharing and working together is called skill.
3. The largest organ in our body is the
4. A promise to ourselves and others to do something is known as a

(B) Mention two examples of life skills.

1.
2.

Total mark

10

Model 2

1 (A) Choose the correct answer :

(5 marks)

1. Caring about others and respecting their feelings are considered as skill.

a. problem-solving

b. decision-making

c. empathy

2. The _____ protects us from harmful sun rays.
a. heart b. eyes c. skin
3. The _____ gives us information about what we can see in the picture.
a. middle paragraph b. caption c. subheading
4. Digestion process begins in your _____.
a. stomach. b. mouth. c. intestines.

(B) Cross the odd word out :

Communication – Critical thinking – Collaboration – Setting goals. ()

- 2** (A) Write "healthy habit" or "unhealthy habit" in front of each of the following situation : (5 marks)

1. Watching TV and playing video games for hours. (.....)
2. Eating fruits and vegetables. (.....)
3. Drinking water throughout the day. (.....)
4. Washing your hands after going to the bathroom. (.....)

(B) Who Am I ...?

I live in water, move with my fins and I have scales on my body. (.....)



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November Tests

Model 1

Total marks
10

1 (A) Put (✓) or (X) :

(5 marks)

1. Proteins build up our muscles and help us to grow. ()
2. Drought happens by volcanoes. ()
3. Octopus can live in rainforest habitat. ()
4. Water helps the body get ride of toxins and wastes. ()

(B) Mention two examples of minerals.

1.
2.

2 (A) Choose the correct answer :

(5 marks)

1. The squirrel uses as a shelter.
a. nests b. holes c. houses
2. The human body loses a lot of water through
a. breathing. b. eating. c. drinking.
3. Lions feed on which they hunt.
a. plants b. animals c. fungi
4. Without vitamins and minerals our bodies will be
a. healthy. b. strong. c. sick.

(B) Mention two examples of plants that live in ocean habitat.

1.
2.

Model 2

Total mark
10

(5 marks)

1 (A) Complete the following sentences using the words below :

(toxins – frog – plant – water)

- is an example of living organisms.
- Our bodies mostly contain
- Water helps the body get rid of and wastes.
- A snake can eat

(B) Who Am I ...?

An invasive plant floats on the water.

(.....)

2 (A) Choose from column (B) what suits it in column (A) :

(5 marks)

(A)	(B)
1. Chocolate and soda are from	a. proteins.
2. Floods happen when	b. unhealthy food.
3. Animals need and shelter.	c. heavy rains cover the dry land with a lot of water.
4. Eggs, fish and meat contain	d. food, water

1. 2. 3. 4.

(B) Who Am I ...?

The substances that body needs for good health by forming strong bones and teeth.

(.....)



2

PART

Final Examinations

• Final Examinations of Some Governorates.

Final Examinations

of Some Governorates on the First Term 2025

1

Cairo Governorate

Hadayek El-Kobba Educational Zone

1 Choose the correct answer :

1. Siwa Oasis has nearly springs. (2000 – 200)
2. The heart when filled with blood. (contracts – expands)
3. building muscles and help us to grow. (Vitamins – Proteins)
4. After swallow, the food moves down to the (stomach – intestines)
5. The process in which water vapor turns into water is (precipitation – condensation)

2 Complete the following sentences using the words below :

(fist – hydrated – water hyacinth – vitamins – skin)

1. Our bodies need in small amounts to grow.
2. The sun rays can hurt our
3. When we drink enough amount of water everyday our bodies will be
4. The heart is a muscular organ about the size of your
5. is a plant commonly found on River Nile in Egypt.

3 Put (✓) or (X) :

1. The skin is the smallest organ in our bodies. ()
2. The food moves to the intestines to complete digestion. ()
3. Luxor is found near the equator. ()
4. Drought happens when there is no rains. ()
5. Precipitation occurs when water falls from the clouds in the form of rains. ()

2

Cairo Governorate

El-Salam Educational Zone

1 Put (✓) or (X) :

1. Carbohydrates give us energy such as bread. ()
2. Octopus lives in the river. ()
3. We need to drink only one cup of water everyday. ()
4. The heart is located between two lungs inside the chest. ()
5. The flood has harmful effects. ()

2 Complete the following sentences using the words below :**(dam – habitat – ocean – dehydrated – heart)**

1. The is the environment where plants and animals normally live and grow.
2. The is from salt water.
3. The prevents severe flooding.
4. The is an organ in the size of your fist.
5. If we lose water without replacing it, we will be

3 Choose the correct answer :

1. build our muscles. (Proteins – Fats)
2. Life skills are the behaviors that ease the challenges. (positive – negative)
3. The is a creature as plant and animal. (organism – habitat)
4. Skin is the organ. (strongest – largest)
5. is used for medicine. (Mint – Olives)

3**Cairo Governorate****El-Mokatam Educational Zone****1 Choose the correct answer :**

1. Drinking milk is a habit. (healthy – unhealthy)
2. Rabbits eat (fish – plant)
3. The dam is a way of protection from (pollution – flood)
4. A living organism needs food, water and (pollution – shelter)
5. The good leader must be (lazy – responsible)

2 Put (✓) or (X) :

1. The ocean is the main source of water in the Siwa Oasis. ()
2. Iron and calcium are important minerals for the human body. ()
3. Birds build their nests in trees. ()
4. Playing video games daily makes the body strong and healthy. ()
5. Evaporation is the process of falling drops of water on the ground. ()

3 Complete the following sentences using the words below :**(heart – skin – Siwa – volunteer – fires)**

1. A person who plants trees in streets and maintains their cleanliness is a

- The _____ pumps blood to all parts of the body.
- _____ Oasis has the largest number of springs in Egypt.
- The _____ protects the body from germs and harmful sun rays.
- The smoke resulting from _____ causes air pollution.

4

Cairo Governorate

Ain Shams Educational Zone

1 Choose the correct answer :

- If your friend makes fun of your classmate, you should _____.
a. keep silent and leave. b. ask him to apologize. c. avoid him.
- _____ is a healthy activity.
a. Playing outside everyday
b. Skipping breakfast
c. Eating fruits and vegetables
- Climate in Luxor is _____.
a. very cold. b. hot. c. cold.
- The heart is located between two _____ inside the chest.
a. lungs b. ears c. eyes
- Rabbits _____ as their homes in their natural habitat.
a. make nests b. make holes or burrows c. hide under rocks

2 Complete the following sentences using the words below :

(energy – water – collaboration – blood – healthy)

- Drinking enough quantity of _____ is very good for our body.
- Our body needs food to get _____.
- Drinking water throughout the day is a _____ habit.
- When the heart expands, it is filled with _____.
- _____ is a life skill that means cooperation and teamwork.

3 Put (✓) or (X) :

- The skin weighs about 4 kilograms. ()
- Helping old people is a trait of a good leader. ()
- A flood can be caused when there is no rain. ()
- Eating a lot of sugar and candy instead of lunch is a healthy habit. ()
- The heart is filled with blood when it contracts. ()

5**Giza Governorate**6th October Educational Zone**1 Choose the correct answer :**

- Digestion process begins in the
a. stomach. b. mouth. c. intestines.
- is a healthy habit.
a. Sleeping early b. Drinking soda c. Watching TV
- Skin keeps the temperature of our bodies
a. moderate. b. variable. c. constant.
- Eggs and fish contain
a. proteins. b. fats. c. carbohydrates.
- The is the largest organ in our body.
a. heart b. stomach c. skin

2 Put (✓) or (X) :

- Eating extra sugar is a healthy habit. ()
- Iron and calcium is from minerals. ()
- Turtles and frogs can hide under rocks. ()
- Water is important for plants to grow. ()
- The skin protects us from harmful germs. ()

3 Complete the following sentences using the words below :

(three – sunscreen – heart – digestion – condensation)

- The pumps blood to all parts of the body.
- There are states of matter.
- The is the change of water vapor into water.
- The protects the skin from harmful sun rays.
- The is the process that changes the food into a simpler form.

6**Giza Governorate**

Omrana Educational Zone

1 Choose the correct answer :

- The digested food moves to to continue the digestion process.
a. blood b. intestines c. heart
- Drinking soda is a habit.
a. healthy b. unhealthy c. good

3. can live in ocean habitat.
a. Dog b. Camel c. Star fish
4. Digestion process begins in your
a. stomach. b. mouth. c. intestines.
5. We use strategy in collaboration skill.
a. listening to others b. sharing ideas c. speaking clearly
6. The is from life skills.
a. communication. b. setting goals. c. speaking clearly.
7. The build up our muscles and help us to grow.
a. fats b. carbohydrates c. proteins
8. keeps the body temperature constant.
a. Water b. Soda c. Basta
9. The butter is from
a. proteins. b. fats. c. carbohydrates.
10. Zinc and calcium are from
a. minerals. b. vitamins. c. fats.

2 Complete the following sentences using the words below :

(heart – climate – listening to others – skin)

1. The part of the body that protects your body from harmful sun rays is the
2. From some strategies that used for life skills is
3. The means the conditions around us over a long period of time.
4. The part of the body that beats and pushes blood through your body is the

7 Alexandria Governorate

East Educational Zone

1 Choose the correct answer :

- The suitable habitat for a shark is the
a. ocean.
b. desert.
c. delta.
- The squirrel uses as a shelter.
a. nest
b. holes
c. houses
- Empathy is
a. sharing and working together.
b. setting goals.
c. caring about others feelings.

4. Your body loses water in the form of
 a. evaporation. b. condensation. c. urine and sweat.
5. Flooding occurs as a result of
 a. cessation of rain. b. heavy rainfall. c. fires.

2 Put (✓) or (X) :

1. Selfishness is one of the traits of a good leader. ()
2. Animals need food, water and shelter to live. ()
3. Siwa Oasis has nearly 200 springs. ()
4. The stomach produces an acid to digest the food. ()
5. Soda is healthy food and fruit is unhealthy food. ()

3 Choose from column (B) what suits it in column (A) :

(A)	(B)
1. The organ responsible for pumping blood to the body is	a. dam
2. The means the conditions around us over a short period of time.	b. the canteen.
3. help in blocking sandstorms.	c. weather
4. A place full of different types of food is	d. the heart.
5. The is used to protect against floods.	e. Acacia trees

1. 2. 3. 4. 5.

8 Alexandria Governorate

El-Montazah Educational Zone

1 Choose the correct answer :

1. keeps fluids inside the body.
 a. Skin b. Tongue c. Brain
2. Decision-making is considered as
 a. musical instrument. b. sport. c. life skill.
3. is used for flood protection.
 a. Dam b. Shadoof c. Pump
4. The organ responsible for pumping blood to the body is the
 a. stomach. b. tongue. c. heart.
5. A grasshopper feeds on
 a. snake. b. frog. c. grass.

2 Put (✓) or (X) :

1. Reading stories is considered a healthy habit. ()
2. The canteen is a place full of different types of food. ()
3. Apple trees grow in Siwa Oasis. ()
4. Your body loses water in the form of evaporation. ()
5. The ocean is the suitable environment for sharks. ()

3 Choose from column (B) what suits it in column (A) :

(A)	(B)
1. My friends and I should	a. setting goals.
2. Self-management is	b. digest food.
3. Flooding occurs as a result of	c. food, water
4. Animals need and shelter to survive.	d. heavy rain falling.
5. The stomach produces an acid to	e. cooperate.

1. 2. 3. 4. 5.

9**Sharkia Governorate****Minia El-Kameh Educational Zone****1 Choose the correct answer :**

1. Life skills are behaviors. (negative – positive)
2. Water keeps our body temperature (high – constant)
3. Vitamins are important that are needed for normal growth. (nutrients – water)
4. The process that changes the food we eat into simpler parts, is called process. (circulation – digestion)
5. are used to prevent flood. (Dams – Baskets)
6. is a life skill. (Critical thinking – Video game)
7. The heavy amount of rain causes (flood – drought)
8. Skipping breakfast every morning is a habit. (healthy – unhealthy)
9. The good trait that must be in a good leader is (good communicator – nervous)

3 Classify the following situations into "healthy habit" or "unhealthy habit":

1. Playing outside everyday. ()
2. Eating fruits and vegetables. ()
3. Watching TV and playing video games for hours. ()
4. Drinking water throughout the day. ()

11

Dakahla Governorate

East Mansoura Educational Zone

1 Complete the following sentences using the words below :

(germs – acid – climate – shelter – dams)

1. Building and making canals are ways to decrease the effects of floods.
2. The means the conditions around us over a long period of time.
3. Animals need food, water and to live.
4. Skin protects us from harmful
5. Stomach produces an

2 Put (✓) or (X) :

1. Drinking soda is healthy choice. ()
2. Octopus and sharks live in ocean habitat. ()
3. The largest organ in your body is the heart. ()
4. Empathy is a life skill. ()
5. All living organisms need food, water and shelter to live. ()

3 Classify the following plants and animals that live in Siwa Oasis in the table below :

(Date palm trees – Wild rabbit – Acacia trees – White deer – Olives – Lizard)

Plants live in Siwa Oasis	Animals live in Siwa Oasis
.....	
.....	
.....	

12**Ismailia Governorate**

West Qantara Educational Zone

1 Put (✓) or (X) :

- The skin is the largest organ of the human body. ()
- The red fronted gazelle lives in Siwa Oasis. ()
- Building dams is a way to decrease the effect of floods. ()
- Spreading rumors is a correct behavior. ()
- Life skill is something we practice and then hope to learn to do well. ()

2 Choose the correct answer :

- contains a high percentage of proteins.
a. Sugar b. Meat c. Bread
- To prevent the risk of flooding, bags of are used.
a. sand b. olives c. snow
- Wild rabbits dig underground.
a. nests b. burrows c. houses
- An organ that produces an acid which helps us to digest our food is
a. brain. b. stomach. c. heart.
- The suitable environment for fish to live in is the
a. desert. b. ocean. c. field.

3 Choose from column (B) what suits it in column (A) :

(A)	(B)
1. Heating of large areas of water by sunlight is called	a. weather.
2. Water seepage under the surface of the Earth is called	b. climate.
3. Description of the conditions around us over a long period of time is called	c. evaporation process.
4. Description of the conditions around us over a short period of time is called	d. condensation process.
5. Cooling of water vapor when it rises in the atmosphere is called	e. groundwater.

1. 2. 3. 4. 5.

13**Suez Governorate**

Suez Educational Zone

1 Choose the correct answer :

- The skin weighs about kilograms.
a. 4 b. 40 c. 400
- Egypt is located in
a. Africa. b. Asia. c. Europe.
- Water helps us get rid of and harmful wastes.
a. food b. vitamins c. toxins
- Lions feed on which they hunt.
a. plants b. animals c. fungi
- Lack of rainfall for a long time leads to
a. drought. b. flood. c. pollution.

2 Complete the following sentences using the words below :

(sugar – rabbits – fires – skin – healthy)

- dig holes for them under the ground.
- Eating a lot of is unhealthy habit.
- The food contains various food nutrients.
- Occurrence of leads to the destruction of living organisms in their natural environment.
- The protects the body from harmful sun rays.

3 (A) Put (✓) or (X) :

- Yoghurt and milk are healthy food. ()
- Sleeping early everyday is an unhealthy habit. ()
- Calm is from traits of a good leader. ()

(B) Answer the following questions :

- Mention some of the main needs of living organisms in order to live.
.....
- What is the name of the organ which is responsible for pumping blood around the body ?
.....

14**Port Said Governorate**

Port Said Educational Zone

1 Choose the correct answer :

- Birds build their nests in
a. oceans. b. trees. c. seas. d. rivers.
- considered as unhealthy food.
a. Fries b. Meats c. Fishes d. Apples
- Long periods of rain stopping leads to
a. floods. b. fires. c. pollution. d. drought.
- The skin protects the body from harmful
a. plants. b. germs. c. animals. d. sugars.
- is one of the animals that lives in the Siwa Oasis.
a. Bear b. Elephant c. Giraffe d. Hare
- The pumps blood to all parts of the body.
a. intestine b. stomach c. skin d. heart
- We can find fats in
a. eggs. b. meat. c. butter. d. tea.
- Problem-solving is considered as
a. drawing tool. b. musical instrument.
c. writing tool. d. life skill.
- Lions eat
a. animals. b. fishes. c. plants. d. grasses.

2 Classify the following situations into healthy habits or unhealthy habits in the table below :

(Sleeping late – Brushing teeth – Exercising – Drinking soda –
Eating fruits – Eating sweets)

Healthy habits	Unhealthy habits
.....	
.....	
.....	

3 Answer the following questions :

- Write three traits of a successful (good) leader.
.....

2. Write two plants live in Siwa Oasis.

3. Write three healthy foods.

4. Mention two benefits of drinking water for humans.

15**Behelra Governorate**

Central Educational Zone

1 Put (✓) or (X) :

1. Floods cause covering the dry land with a lot of water. ()
2. Food provides body with energy. ()
3. Forest fire does not affect the environment. ()
4. Critical thinking is one of the life skills. ()
5. Sharks and dolphins live in the Nile River. ()

2 Complete the following sentences using the words below :

(burrows – drought – love others – hot – dehydrate)

1. The rabbit lives inside
2. If there is no rain for a long time, will be occurred.
3. Lack of water in the body leads to
4. From the characteristics of a successful leader is
5. In summer, the weather in Luxor is

3 Classify the following situations into healthy habits or unhealthy habits in the table below :

(Washing hands – Eating a lot of sweets – Eating fruits and vegetables –
Drinking less water – Exercising – Not brushing teeth)

Healthy habits	Unhealthy habits
.....	
.....	
.....	

4 Choose the correct answer :

1. The pumps the blood for the rest of the body.
a. heart b. lung c. liver d. stomach

2. live in Siwa Oasis.
a. Lions b. Mice c. Hares d. Dolphins
3. Healthy food contains
a. vitamins. b. minerals.
c. proteins. d. all the previous.
4. Butterflies migrate to of Africa.
a. North b. South c. East d. West
5. Lions feed on which they catch.
a. plants b. grasses c. animals d. fish

16**Fayoum Governorate****East Fayoum Educational Zone****1 Choose the correct answer :**

1. Eating junk food is habit. (healthy – unhealthy)
2. Skin is the organ in the human body. (smallest – largest)
3. The protects our body from harmful sun rays. (skin – stomach)
4. Nutrients give us (protein – energy)
5. can live in ocean habitat. (Giraffe – Octopus)

2 Put (✓) or (X) :

1. Communication is a life skill. ()
2. The heart is located inside the chest. ()
3. We lose water by sweating. ()
4. Skin, heart and stomach are from our body organs. ()
5. The most famous plant in Siwa Oasis is strawberry. ()

3 Complete the following sentences using the words below :

(evaporation – dams – good leader – collaboration – Egypt)

1. is located in Africa.
2. is a process in which heat causes liquid to turn into gas and rise up.
3. helps old people.
4. are used to stop rising water and preventing flood.
5. is sharing and working with others.

17 Beni-Suef Governorate

Administration Official Language Schools

1 (A) Put (✓) or (X) :

1. Drinking water is not a healthy choice. ()
2. Floods impact on people only. ()
3. Octopus and sharks live in ocean habitat. ()

(B) Cross the odd word out :

1. Grains – Bread – Meat – Potatoes. (.....)
2. Book – Dog – Rock – Ball. (.....)

2 (A) Complete the following sentences using the words below :

(climate – shelter – dams)

1. Buildings and making canals are ways to decrease the effects of floods.
2. The means the conditions around us over a long period of time.
3. Animals need food, water and to live.

(B) Mention two importance of water.

.....

3 (A) Choose the correct answer :

1. The water that is bubbling up to the surface of the Earth is called
a. runoff. b. groundwater. c. spring.
2. Stomach produces which helps in the digestion of food.
a. acid b. water c. air
3. Caring about others and respecting their feelings are considered as skill.
a. problem-solving b. decision-making c. empathy

(B) Who Am I ...?

1. I am a process that changes the food into simpler parts. (.....)
2. I live in water and I can move with my fins. (.....)

18 Minia Governorate

Minia Official Language School

1 Choose the correct answer :

1. To be a good leader, you should be
a. shy. b. brave. c. lazy.
2. The pumps blood to all the body.
a. stomach b. skin c. heart

3. _____ is a place in the desert.
a. Oasis b. Dam c. Diet
4. Eating a lot of _____ is not healthy.
a. fruits b. vegetables c. candies
5. _____ is from living organisms.
a. Sun b. Water c. Plant

2 Put (✓) or (X) :

1. Climate in Alexandria is hotter than that in Luxor. ()
2. You should set your goals to reach. ()
3. Animals need food, water and shelter to live. ()
4. Throwing trash into waterways is good for habitats. ()
5. Dams are used to stop rising water and preventing flood. ()

3 Look at the following pictures, then circle the correct answer :



(1)

Heart

Skin



(2)

Flood

Drought



(3)

Stomach

Lungs



(4)

Pollution

Fires



(5)

Evaporation

Precipitation

19 Luxor Governorate

Luxor Educational Zone

1 (A) Complete the following sentences :

1. A muscular organ about the size of your fist is called
2. People build to prevent floods.
3. The water vapor is considered as a state of matter.

(B) Choose from column (B) what suits it in column (A) :

(A)	(B)
1. Drought	a. It happens when heavy rains cover the dry land with a lot of water.
2. Flood	b. It happens when there is no rain for a long time, so the land becomes hard.

1.

2.

2 (A) Choose the correct answer :

- The water that is bubbling up to the surface of the Earth is called
a. runoff. b. groundwater. c. spring.
- Digestion process begins in your
a. stomach. b. mouth. c. intestines.
- Stomach produces which helps in the digestion of food.
a. acid b. water c. air

(B) Who Am I ...?

I live in water and I can move with my fins. (.....)

3 (A) Put (✓) or (X) :

- Floods impact on environment and people. ()
- Eating vegetables and fruits is a healthy habit. ()
- Octopus and sharks live in ocean habitat. ()

(B) Classify the following plants and animals that live in ocean habitat in the table below :

(Shark – Algae – Sea grass – Octopus)

Plants live in ocean habitat	Animals live in ocean habitat
.....	
.....	

1 Choose the correct answer :

- The water that is bubbling up to the surface of the Earth is called
a. runoff. b. groundwater. c. spring.
- Digestion process begins in your
a. stomach. b. mouth. c. intestines.
- The smoke produced from pollute the air.
a. Sun b. fire c. flood

4. Caring about others and respecting their feelings are considered as _____ skill.
a. problem-solving b. decision-making c. empathy
5. Stomach produces _____ which helps in digestion of food.
a. acid b. water c. air
-

2 Complete the following sentences :

1. The water vapor is considered as a _____ state of matter.
 2. Drinking enough water is a _____ habit.
 3. The organ that produces an acid that helps us to digest our food is _____
 4. The _____ protects us from harmful sun rays.
 5. Shark is a _____ organism.
-

3 Put (✓) or (X) :

1. Floods impact on environment and people. ()
2. Eating vegetables and fruits is a healthy habit. ()
3. Octopus and sharks live in ocean habitat. ()
4. Olives are used for medicines. ()
5. Stomach produces water that helps in the digestion of food. ()